

# AMANDA E. JENKS, ATC, CSCS

## CERTIFICATIONS & PROFESSIONAL ASSOCIATIONS

Certified and Licensed (Connecticut) Athletic Trainer, 08/2013 • Certified Strength & Conditioning Specialist, 08/2014  
CPR/AED Certification, 04/2013 • ImPACT Trained Athletic Trainer, 03/2017  
National Athletic Training Association (NATA) • National Strength & Conditioning Association (NSCA)

## EDUCATION

**SACRED HEART UNIVERSITY**, Fairfield, CT  
*Bachelor of Science (College of Health Professions) in Athletic Training, 05/2013*

## PROFESSIONAL EXPERIENCE

**HEAD-ZONE CONCUSSION CARE**, Shelton/Waterbury, CT 0/32017- Present

### SPORTS PROGRAM MANAGER/ATHLETIC TRAINER

- Administration and charting of the Buffalo Concussion Treadmill Test (BCTT), King-Devick Eye Tracking Test, Vestibular/Ocular-Motor Screening (VOMS), SWAY Balance test, ImPACT and ImPACT Pedi test.
- Development of personalized physical exertion programs post-concussion.
- Community outreach via concussion safety presentations.
- Develop and manage Sacred Heart University clinical internship as a clinical preceptor.

**WESTCHESTER HEALTH ASSOCIATES**, Stamford, CT 03/2015-03/2017

### THERAPY AIDE COORDINATOR

- Instruct, evaluate, modify, coordinate, and safeguard therapeutic exercises and functional activities of patients under the direction of a Physical Therapist. Perform records management, appointment scheduling, patient check-ins, and other diverse duties as assigned.

**PERFORMANCE PHYSICAL THERAPY**, Westport/Greenwich, CT 03/2013-03/2015

### ATHLETIC TRAINER/THERAPY AIDE COORDINATOR

- Provide prevention, evaluation, diagnosis, and care management for orthopedic injuries and medical conditions to 150+ Wilton Youth Football student athletes on field and in physical therapy clinic setting.
- Designed and implemented a comprehensive concussion prevention and management system to the Wilton Youth Football Association; aided in communication and documentation between athletes, coaches, parents, and physicians.
- Effectively train and mentor new hires as Senior Aide; adhere to all policies and procedures in regards to preventative and rehabilitation services, patient confidentiality, and recording keeping.

### STRENGTH & CONDITIONING SPECIALIST

- Strategically create and execute safe and effective strength training and conditioning programs to achieve client goals; provide guidance regarding nutrition and injury prevention.
- Collaborated with Physical Therapist to design a stretching and exercise regimen to prevent ACL tears in female soccer players and engineered a return-to-sport strength and conditioning program for athletes with a history of concussions; pioneered therapeutic exercise programs with status-post hip arthroplasty patients.