

“Athletic Rehabilitation Therapy Ireland (ARTI) is the governing body responsible for the promotion, regulation, and continued education of Certified Athletic Therapists in Ireland.

ARTI is dedicated to ensuring that all Certified Athletic Therapists (CAT) provide the highest quality of healthcare to all patients and athletes. This is achieved by reinforcing the emphasis on evidence-based practice through mandatory continued professional development (CPD) and through the maintenance of emergency care certification.

#### **About Certified Athletic Therapists (CAT):**

CATs can treat a wide variety of musculoskeletal injuries and conditions; assessing and rehabilitating the general public and athletes alike. In addition we also provide emergency acute care in pre-hospital settings.

Our skill-sets include but are not limited to:

- Injury assessment
- Injury diagnosis
- Exercise rehabilitation
- Pre and post operative prehabilitation and rehabilitation
- Injury prevention screening and strategies
- Early, mid and late stage rehabilitation for all musculoskeletal injuries
- Concussion assessment and rehabilitation
- Referrals where necessary
- Manual therapy or appropriate modality use (eg Dry Needling, Shockwave etc)
- Training and rehabilitation of special populations
- Biomechanical and gait analysis
- Pre-hospital emergency care council certified (PHECC EFR CFR)”

Source: [ARTI.ie](http://ARTI.ie)