

MCFR HEALTH & INJURY PREVENTION



Concentra⁺

Kelsey Tanler, DAT, LAT, ATC is the new Health and Injury Prevention Manager and Athletic Trainer for MCFRS from Concentra.

Kelsey comes from a strong background in public safety with previous experience working with Fairfax County Police and growing up in a public safety family of police and firefighters.

Kelsey's mantra when working with firefighters/rescuers is "full duty, full life."

Education:

B.S. in Athletic Training, Minor in Adapted Physical Activity
Doctor of Athletic Training (DAT)

Kelsey is here to help MCFR achieve their goal of improving firefighter/rescuer health and wellbeing as well as injury prevention services, and injury management.



KELSEY TANLER

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Scan QR code to contact
Kelsey for an appointment



INJURY PREVENTION

- Early management of musculoskeletal disorders/complaints.
- *Services including:* manual therapy techniques, therapy programming, evaluation, tape applications.

HEALTH PROMOTION

- Education on topics such as:
 - Sleep health
 - Stress management & mindfulness
 - Exertion recovery
 - Preventative exercise
- Programs/advice for health awareness.

JOB ANALYSES

- Body mechanics & movement pattern screening.
- Performance testing and targeted functional training for work demands.
- Observation of job routines & ergonomics.

All services are confidential and work under HIPAA Guidelines