

Who's taking care of your kids?

Shelly Jones, ATC is our resident expert in sports medicine at Aloha High School. She holds degrees in both athletic training and exercise science from the program with the most consecutive winning football seasons of any division, Linfield! She is nationally certified in sports medicine, licensed by the Oregon Health Division as well as the State of Colorado, & has a National Provider Identifier Number for the Centers for Medicare & Medicaid Services.

She has over 25 years of experience in very varied settings including notable experiences with Indoor Professional Football, Outdoor semi-professional football, The Oregon Ballet Theater, USA Gymnastics, USA Figure Skating, USA Taekwondo, USA Track & Field, World Athletics, Nike & ECNL National Training Camp for top soccer recruits, Nike's "The Opening" for top football recruits, numerous state championship events, Professional Rodeo, & the Dew Action Sports Tour. In addition to her employment here with the Beaverton School District, previously she has functioned in a clinic outreach athletic training employment model, where she opened a new high school and initiated their program of athletic trainers working in physician practice. She was also the medical director for Rugby Oregon managing over 50 high school and middle school tackle teams and 30 athletic trainers.

She functions as an adjunct faculty member for Linfield, George Fox University, and Pacific University as a clinical preceptor. She enjoys hosting sports medicine physician fellows from Oregon Health Science University Department of Family Medicine in her athletic training facility. Previously, she was certified as an emergency medical technician but she much prefers ankle sprains to motor vehicle accidents.

She's been active volunteering for her profession her entire career including governmental affairs where she helped write, promote, and pass the 1st practice act governing AT in Oregon and all three concussion laws. She also served two terms of President, Vice President, and PR Chair for Oregon Athletic Trainers' Society as well as being the NATA Secondary School Chair for D10 representing Oregon, Washington, Idaho, Montana, & Alaska. She has represented Oregon as one of two athletic trainers invited to the National Football League's headquarters and the NCAA headquarters for the Collaborative Solutions in Safety in Sport where we discussed and developed best practices for heat illness, cardiac conditions, concussions, sickle cell trait, and emergency action planning. Previously, she was named to assist the Governor's Task Force on Traumatic Brain Injury to develop Return to Learn Best Practices for educational institutions. Currently, she serves as a medical advisor for the Oregon School Activities' Association as well as the at large member of the National Federation of State High School Association's Sports Medicine Advisory Committee where she is the only practicing athletic trainer with a vote.

She is a four-time Outstanding Service Award Winner from the Oregon Athletic Trainers' Society, Northwest Athletic Trainers' Association, & the National Athletic Trainers' Association, Spirit of the Century Award Winner, Hillsboro Chamber Volunteer of the Year, a National Gatorade Secondary Schools Award Winner, National Athletic Trainers' Association Clinical Preceptor of the Year as well as being inducted into the Oregon Athletic Trainers' Society's Hall of Fame.

She held certifications in Truthotics, Kinesiotaping, ImPact, Functional Movement Screen, Mulligan, Basic Life Support, Psychological 1st Aid, & a 1st Aid/CPR/AED Instructor. She has delivered numerous talks, television interviews, and published articles on the profession of athletic training, emergency action planning, spinal immobilization and transfer, wrestling weight management, concussion assessment and management, COVID policy, air quality, medical time-outs, rhabdomyolysis, weather conditions, risk management, catastrophic injury reporting, and a case study.

What do athletic trainers do? Athletic trainers are medical professionals educated and skilled at meeting the healthcare needs of those involved in physical activity! You don't have to be hurt to see an athletic trainer. They specialize in injury prevention, as well as clinical evaluation/diagnosis, immediate care, treatment & rehabilitation of injuries and illnesses that occur in athletes.

What can she do for my athlete? She ensures athletes remain healthy and able to participate in practices, games, and competitions. If something is bothersome, send them down to the athletic training room right after school. No appointments needed and all evaluations and treatments provided on site are at no charge to the family. We can evaluate and develop a plan to mitigate their symptoms and prevent reinjury. Come see us & we could save you a copay. For those athletes needing more definitive assessment we are fortunate to have a wide network of sports medicine fellowship trained physicians to help get your athlete back in action. Including our sports medicine fellow who is also available in the athletic training facility. No matter what your insurance plan is... we can route you to great sports medicine minded people.

Shelly participated as a college cheerleader and had a catastrophic elbow injury in gymnastics. She understands the unique demands of competition, psychological effects of injury, and enjoys helping athletes achieve their best. She welcomes visitors to the training room anytime so stop by and meet the one who's taking care of your kids!