



Nashua-Plainfield School District and Taylor Physical Therapy proudly partner to provide comprehensive sports medicine services to all Nashua-Plainfield athletes. With the goal of making sports medicine services more accessible, an on-site athletic trainer is provided in various ways to help injured athletes get the help they need the most efficient and effective way possible. With that, early evaluation can help prevent injuries and keep athletes where they belong - on the court or playing field!

What is an Athletic Trainer

Athletic trainers are highly qualified, multi-skilled health care professionals who render service or treatment under the direction of, or in collaboration with, a physician in accordance with their education, training and state's statutes, rules, and regulations. As part of the health care team, services provided by athletic trainers include primary care, injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.

- Evaluate and accurately diagnose injuries and illnesses
- Help manage and direct plan of care to ensure the efficient and timely referral processes
- Educate student-athletes, parents, and coaches on injury and illnesses and the importance of proper management
- Collaborate with physicians to improve patient outcomes
- Manage, coordinate and communicate return-to-play progression

Who are the Nashua-Plainfield Athletic Trainers

Jordan Smith - PT, DPT and **Brayden Biermann** - PT, DPT proudly serve the sports medicine needs of your Nashua Plainfield Huskies.

Jordan obtained a Bachelor of Science degree in Kinesiology and Health from Iowa State University in 2016. He then continued his education at the University of Iowa while completing the Doctor of Physical (DPT) program. Since graduating, Jordan has enjoyed treating patients in rural communities because of the large variety of patients and diagnosis that makes every day in the clinic different and exciting! His certification in dry needling is a great addition to the many tools in his therapy treatment "tool kit".

Jordan and his wife, Laurie, welcomed their first son, Teague, in the fall of 2023. When Jordan is not treating patients or coaching wrestling, he enjoys outdoor activities or cheering on the Cyclones, Vikings, and Cardinals.



Jordan Smith, PT, DPT



Who are the Nashua-Plainfield Athletic Trainers

After obtaining his physical therapist assistant certification in 2018, Brayden spent five years gaining extensive experience and knowledge in rehabilitation before graduating from Allen College with a Doctor of Physical Therapy degree in 2023. While treating a variety of patients in the Nashua and Sumner clinics, Brayden's favorite part of physical therapy is helping them build strength and progress toward their goals. After growing up on a farm near Tripoli, Brayden is excited to return and serve in communities close to home!

Brayden and his wife, Miranda, welcomed their first baby girl (Emersyn) in July of 2024. Outside of the clinic, Brayden enjoys being active outdoors, weightlifting, bike riding, hiking, walking his dog, Berkley, and cheering on the Cyclones.



Brayden Biermann, PT, DPT

What services are provided for your Nashua-Plainfield Athletes?

Injury-Checks: During this time, Jordan or Brayden can evaluate injuries, check on “tweaks” and nagging pains, offer guidance to prevent injuries, provide activity modifications to keep the athlete safely participating, or recommend further follow up evaluation / referral as needed. Communication is key - progress reports for coaches and parents will be provided as well as education for athletes so they understand their injuries.

When: Weekly Check-Ins (Wednesdays)

Where: Nashua-Plainfield High School

How: No appointment needed - approach Jordan or Brayden with any sports medicine concerns or let your coach know you would like to speak with him.

Concussion Management: Concussions can be scary but recovery doesn't have to be! Jordan or Brayden can help manage a concussion from initial assessment and evaluation to returning the athlete safely back to the court and in the classroom.

- Initial assessments and evaluation
- Return-to-Learn progression guidance
- Return-to-Play progression guidance
- Post-concussion treatment



What services are provided for your Nashua-Plainfield Athletes?

Sporting Event Coverage

Jordan and Brayden can be found on the sidelines of home football games. In-season athletes can utilize our sports medicine staff before, during, or after competition. Out-of-season athletes may also take advantage of this opportunity to seek our athletic trainer's help while attending sporting events and cheering on their fellow Huskies.

FREE Injury Evaluations at Taylor Physical Therapy Nashua

Taylor Therapy offers one **FREE** injury evaluation per injury our clinic located in Nashua. During that evaluation, a physical therapist will complete a thorough evaluation, provide treatment as indicated, and recommend follow-up as needed. They will provide education to the athlete and parent, address questions or concerns, and communicate with coaches regarding practice guidelines and return to competition as needed. Contact Taylor Physical Therapy's Clinic nearest you between 8am-5pm to schedule.

Nashua Clinic Location:
80 Amhearst Blvd. Ste 300
Nashua, IA 50658
Clinic Number: 641-435-4476