

## Karns man helps make clinic success

Joe Rector, joerector@comcast.net  
Wednesday, April 23, 2008

A group of high school coaches and trainers showed up at D1 Sports Training and Therapy of Knoxville for the 2008 Tennessee Orthopedic Spring Sports Medicine Day on April 12. The purpose of the clinic, now in its sixth year, was to give medical information that will help coaches better take care of high school athletes.

Karns resident Adam Kerley, director of therapy for D1, was on hand to make sure the day was a successful one.

Orthopedists from Tennessee Orthopaedic Clinics spent the morning giving presentations on joint injuries, as well as on common infections and their prevention, and back pain. Part of the day was earmarked for a golf tournament at Willow Creek Golf Club for clinic attendees as a way of showing appreciation for the hard work and long hours high school coaches and trainers put in.

Matt Scholer, sports medicine coordinator for TOC, was pleased with the turnout.

"The important thing about these yearly clinics is that they get valuable medical information out to coaches and trainers throughout the area," Scholer said.

The staff from TOC works with schools in East Tennessee; some are even on the sidelines during football games. D1, which partnered with TOC for the clinic, also reaches out to schools by having trainers on hand at high school sporting events.

Scholer said the relationship between TOC and D1 is like a family.

Kerley, a 1992 graduate of Karns High School, oversees six D1 facilities in Tennessee, South Carolina and Alabama. The Knoxville center has four therapists and 12 trainers on staff. Located on Lexington Drive off Lovell Road, D1 has about 200 members, and another 20 individuals each day visit the facility for rehabilitation work.

Kerley said that owner Will Bartholomew envisioned a center where people could excel in workouts and rehabilitate injuries in a good environment. The center further reflects the drive of co-owner Peyton Manning in that it encourages athletes and rehabilitation patients to work hard.

"There's an energy at D1 that doesn't exist in other therapy centers," Kerley said. "It encourages individuals to work hard. It's the perfect place for an injured athlete."

Kerley graduated from East Tennessee State University with a degree in physical therapy and is certified as physical therapist, athletic trainer and strength and conditioning specialist. In high school, he played football and baseball and continued his baseball career for two years at Roane State Community College. On Friday nights, he serves as a trainer for Grace Christian Academy in addition to his job at

D1.

The hardest part of his job is dealing with paperwork that is involved in the health care system, Kerley said. He hopes to see D1 grow into a nationwide organization in the years to come.

Kerley, the son of Allen and Peggy Kerley, and his wife, Karen, have a 10-month-old son, Kameron.

Joe Rector is a freelance writer who welcomes your comments and story ideas at [joerector@comcast.net](mailto:joerector@comcast.net).



© 2008 Knoxville News Sentinel