

Karianne J. Gardner, ATC, CSCS

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PROFESSIONAL PROFILE

Independent practitioner, owner, and entrepreneur of integrated sports medicine and strength and conditioning private practice. Educator in the field of kinesiology with a focus on athletic training investing in future generations by utilizing my passion for teaching sports medicine, athletic training, and strength and conditioning knowledge, practices, and techniques to empower and equip the next generation of future clinicians with a critical thinking and analytical skill set, founded in evidenced based practice that differentiates them from fellow practitioners, while inspiring a thirst for knowledge in my students.

CLINICAL & ENTREPRENEURIAL EXPERIENCE

2010-present, Synergistic Effects – Integrated Sports Medicine & Private Personal Training, Owner & Clinician, Champaign, IL

- Independently organized, launched, and built a successful private personal training/athletic training practice
- Treat orthopaedic conditions that occur in the adolescent, collegiate, to aging adult due to genetic deformity, chronic, or acute injury
- Integrate clinical preventive, corrective, rehabilitative, & therapeutic sports medicine skills, evidence based strength and conditioning practices, and nutritional science to treat, maintain, and rehabilitate clientele with the overarching goal of life long health and wellness
- Implement methods such as, gait analysis, corrective gait exercises, vestibular system training, agility work, and balance exercises to promote lifelong independent living
- Incorporate neuromuscular reeducation patterns to successfully treat orthopaedic injuries and dysfunction
- Educate patients on nutritional demands of physical training and injury healing to promote maximal tissue/wound healing, muscle re-synthesis, and reduce inflammation through proper dietary intake
- Implement and design sport specific strength and conditioning programs for high school and collegiate athletes while integrating preventive and corrective exercise protocol

EDUCATION

University of Illinois at Urbana-Champaign, IL

B.S. in Kinesiology with a Correlate in Athletic Training, 2001

- Graduated with High Honors at 3.716/4.0 GPA
- Awarded Undergraduate Athletic Training Professionalism Award 2000-2001
- George Huff Award, Varsity “I” Award, & Dean’s List Award Recipient
- Over 2000 hours of clinical athletic training experience before graduation
- 26+ hours of combined Chemistry, Organic Chemistry, Animal Biology, Genetics, & Physics taken as general elective courses

PROFESSIONAL LICENSURE

ATC - NATABOC Certified Athletic Trainer, 2002-present (maintaining 50 hours of continued education every 2 years)

CSCS - NSCA Certified Strength and Conditioning Specialist, 2011-present (maintaining 60 hours of continued education every 3 years)

PROFESSIONAL AFFILIATIONS

NATA- National Athletic Trainers’ Association, Member 1998-present

NSCA- National Strength and Conditioning Association, Member 2010-present