



Martensdale-St. Marys Administration, Faculty and Staff:

Founded in Chicago in 1989 by Randolph Frieser, Physical Therapist and President, Accelerated has grown to over 111 outpatient rehabilitation centers in Illinois, Indiana, Iowa, Michigan and Arizona, offering patients the most technical rehabilitative care available by therapists with decades of training and experience. Accelerated Rehabilitation Centers is the premier provider of physical rehabilitation services. We are dedicated to our patients' rapid and safe return to work and recreation. Accelerated offers a hands-on, service-oriented approach that our patients value. The closest ARC clinic to Martensdale-St. Marys High School is located in Indianola, IA, at 1709 N. Jefferson, Ste. 100, next to Pizza Ranch, or at Norwalk Physical Therapy located at 800 Colonial Circle, Ste. 100.

My name is Sarah Banwarth, and I am a Certified Athletic Trainer for Accelerated Rehabilitation Centers. I graduated from Iowa State University in 2008 with my B.S. in Kinesiology and Health. I have over 3 years as an ATC working with Professional, Division I, Division III, and NAIA athletic teams.

The role of a Certified Athletic Trainer is vital to the athlete's performance, health and education. I am an allied health professional that is trained in the prevention, recognition, immediate care, treatment and rehabilitation of athletic injuries. I am here as a resource for our athletes as well as our faculty and staff that may have any questions or concerns regarding their health and/or sports performance. I look forward to meeting all of you! Should you have any questions or concerns regarding healthcare please always feel free to use me as a resource. You can reach me at: 563-543-3505 (cell) or by e-mail: sbanwarth@acceleratedrehab.com.

Respectfully Yours,

Sarah K. Banwarth, MBL, ATC/L

Certified Athletic Trainer
Accelerated Rehabilitation Centers