

# Gray named athletic trainer at Rockland High

Emily Gray has been named the official athletic training provider at Rockland High School by Peak Physical Therapy & Sports Performance, a South Shore practice specializing in unique programs that provide comprehensive treatment in orthopedic, spine and sports medicine specialties.

In this role, Gray, who recently joined the Peak staff, will be responsible for preventing, treating and rehabilitating sports-related injuries for all Rockland High School athletes; in addition, she will provide emergency care, as needed.

Gray, whose career background includes work as a Physical Therapy Aide, received her undergraduate degree from Lyndon State College in Vermont and a Master's in Athletic

Training from Plymouth State University in New Hampshire. She is a member of the National Athletic Trainer's Association and the Eastern Athletic Trainer's Association.

Originally from Quincy, Gray said she is pleased to again set up residence in her home town after "years of going to school around New England!"

In the past, she volunteered at the Bay State Summer Games in Boston, providing medical services to athletes. Gray's hobbies include hiking, basketball, exercising, reading and adventuring with her dog.

"We're delighted to announce Emily as an Athletic Trainer," said Eric Edelman, PT, owner of Peak Physical Therapy & Sports Performance. "We are confident



**Emily Gray**  
[COURTESY PHOTO]

her wide-ranging capabilities will improve the overall continuity of care for the student athletes at Rockland High."

