

## Terri Jo Rucinski



Staff Athletic Trainer  
Physical Therapist

Terri Jo Rucinski is the staff athletic trainer for the baseball team. In addition to her athletic training duties, Rucinski also serves as the supervisor of the Fetzer Athletic Training Room and is a staff physical therapist at the James A. Taylor Campus Health Service.

Rucinski also assists the education program as a lecturer for both the undergraduate and graduate athletic training programs, with emphasis on the prevention and rehabilitation of shoulder injuries. She has been involved with the Board of Certification for Athletic Trainers for the past 18 years and has served on several examination development committees.

Rucinski received her B.S. in physical education teaching and athletic training from the

University of Wisconsin - La Crosse in 1987. She went on to receive her M.A. in exercise and sport science with specialization in athletic training from UNC in 1989. Rucinski worked in Milwaukee, Wisc., at Froedtert Sports Medicine until she returned to the University of Wisconsin-La Crosse, in 1994, to pursue her physical therapy degree.

She received her B.S. in physical therapy in 1996. She is also a Strength and Conditioning Specialist, receiving her certification in 1998. Prior to Rucinski's return to UNC, she worked in Madison Wisconsin, at the UW-Health Sports Medicine Physical Therapy Clinic and was also the head athletic trainer at Madison Area Technical College.

## Specialties

**Specialties:**  
Sports Medicine

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