**Health Literacy**

For my Capstone project, many of the materials are intended for professionals treating athletes, however, health literacy does play a more significant role in the handout created for the athlete and family. This handout does present a lot of information; however, each concept is presented using simple, plain language. I chose not to simply replace the terminology with more simple language, but rather explain the terms used in a way that the athlete can relate, such as using the term excess inversion along with “rolling your ankle,” which is more relatable for the athlete. The athlete handout also features the same concepts related to treatment and return-to-sport with further detail presented on the professional handouts. This allows the athlete to have a basic understanding of what to expect, with the opportunity to ask questions about each specific area that are outlined further in the professional handouts. The athlete is presented with much of the same information, with slight differences in terminology and level of detail.