



Quentin Cave, LAT, ATC

Specialty: Athletic Training

GOSHEN PHYSICIANS ORTHOPEDICS & SPORTS MEDICINE

1824 Dorchester Ct, Goshen, IN 46526 [Directions](#)

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About Me

Quentin Cave is a licensed and board certified athletic trainer at Goshen Physicians Orthopedics & Sports Medicine. He provides athletic training services for student athletes in grades 7-12 at Fairfield Jr/Sr High School in Goshen, IN. As an integral part of the school's athletic program, Quentin evaluates, diagnoses and rehabilitates students with orthopedic injuries sustained during athletic events and practice activities.

Quentin also works to prevent orthopedic injuries and provides medical coverage during all home sporting events. He is specially trained to provide instrument assisted soft tissue mobilization (IASTM) and massage cupping. These techniques relieve pain and increase circulation in tight or tense areas of the body.

Philosophy of Care

Quentin lives by two mottos – lead with laughter and be totally honest. He creates a safe and fun space for teenagers to help them perform at their maximum potential. When students are injured, he keeps it real – with no sugar coating – to provide the details they need about their care.

Research/Clinical Interest

- Manual therapies
- Upper extremity injury evaluation and rehabilitation
- Advocate for the value of certified athletic trainers

Education

Board Certified – Athletic Training

Education and training:

Bachelor of Athletic Training

Ball State University | Muncie, IN
