



**Dexter High School Parents Meeting  
Sports Medicine Update**

**Sports Medicine Team**

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**Pediatric Sports Medicine**

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**What we do**

We are certified and licensed athletic trainers which are allied healthcare providers caring for the student athletes of Dexter High School. We are always on the sidelines during home events and are on campus for the majority of after school practices. Our specialties: emergency management, injury evaluation, rehabilitation, and anything musculoskeletal related.

**We are here as a medical provider and a medical resource so your student athletes can receive the best possible care.**

**MedSport Referrals**

- Quick easy access to orthopedic physicians, PAs, and Neurologists (NeuroSport)
- Dr. Ichesco referral – you fill out an intake form (from Kristin or Mikayla) and her office will contact you to set up an appointment
- Eliminates PCP referral waiting time, saves on co-pays, and possibility of being seen by well-known surgeons/physicians
- If you attend physical therapy through MedSport, Kristin & Mikayla work out of the Ann Arbor Ice Cube. Working with her will help in communicating to coaches about the athlete returning to their given sport. They may also be able to complete their rehab with her at the school which will help get them back even sooner.

**Medical Concerns**

**Please notify the athletic training staff if your son or daughter has any of the following conditions:**

- **Food allergies**
- **Diabetes**
- **Respiratory/heart conditions**
- **Other notable health conditions**

## Nutrition, Hydration, & Sleep

- Proper nutrition, sleep, food, and fluid intake is an athlete's daily fuel, without it they are more susceptible to injury and decreased performance.
- Balanced between carbohydrates, protein, fats
- Water, water, and more water, along with electrolyte replacement daily.

## Concussions

### **MHSAA Return to Activity and Post-Concussion Consent Form**

- All head injuries require an evaluation by the staff athletic trainer or a physician
- Form must be completed by physician and signed by all three parties (physician, parent, student athlete)
- This must be kept on file at the school and submitted to the MHSAA **prior to any athletic participation**
- The athletic trainer will handle sending documentation to MHSAA

### **Dexter High School/MedSport Concussion Protocol**

- All concussions should be communicated with the athletic trainer so they are able to assist the athlete with return to learn/play progression.
- ALL concussions, no matter the sport or where the injury took place (athletic-related or not), **must complete the return to play progression** (per DHS athletics and MedSport).
- This progression assures the athlete is ready for physical activity and the brain is completely healed
- **Therefore, considering the above, three things must happen following a concussion:**
  1. ***Evaluation by athletic trainer, PCP and/or specialist***
  2. ***Once asymptomatic and fully back to school, completion of the return to play progression***
  3. ***MHSAA Return to Activity form completed by physician, parent, AND student athlete, and on file at school and at MHSAA office.***

## Other Protocols & Resources

### **General Injury**

- Injury occurs > evaluation by athletic trainer > communication to parent/coaches > referral to PCP or other if necessary > progress rehab and/or physical therapy > cleared by athletic trainer and/or MD to return to sport

### **Heat Stroke**

- Heat stroke suspected > call 911 > cold water immersion > transport to Emergency Room > communication with parent

### **Resources**

- **Dexter High School Athletics Website:** <https://www.dexterschools.org/departments/athletics>
- **Michigan Medicine - MedSport:** <https://medsport.med.umich.edu/>
- **Michigan High School Athletic Association Health & Safety:** <https://my.mhsaa.com/Schools/Health-Safety-Resources>
- **Michigan High School Concussion Return to Play Form:**  
<https://my.mhsaa.com/portals/0/documents/health%20safety/1617returntoplay.pdf>
- **National Athletic Trainers' Association:** <https://www.nata.org>