

Sports Medicine for the Student Athlete

What to do When an Injury Occurs

Injuries are a part of athletics and all sports. A majority of these injuries are minor bumps, bruises and scrapes which require basic first aid and icing. But if left untreated, even the most minor of injuries can become a big problem.

We want to keep your athlete as healthy as possible and participating in their sport when allowed. The following guidelines have been put in place to get your athlete the best care in the fastest way possible:

1. In the event an injury occurs (in or out of sport), the athlete should report it to the athletic trainer. If injuries occur during an away contest or practice the coach should be notified first. All injuries and health concerns must be reported to the athletic training staff. Medical referral can be coordinated through the athletic training staff.
2. In the absence of the athletic trainer, the coach should be notified and will initiate first aid care. The coach will then notify the athletic trainer of the injury incident.
3. The athlete is expected to come into the athletic training room daily for treatment and rehabilitation exercises until they are cleared to return to activity.
4. Injured athletes are expected to continue attending practices and games during the treatment and recovery period.
5. Parents are encouraged to contact the athletic training staff via Healthy Roster with any questions or concerns related to their child's injury care.

When Your Athlete Needs to See a Physician

The Sports Medicine Department does not replace the family physician or dictate medical care. The choice of healthcare provider always remains at the discretion of the parents. We are able and willing to help you find the best physician and medical practice for your son or daughter's injury. A physician should be contacted if problems develop with an injury, the condition worsens or the condition persists for an extended period of time.

Return to Play Policy:

All athletes to be evaluated by their family physician, urgent care, ER, etc. MUST provide a note from that treating physician indicating the type of injury, course of treatment, and participation status. The note MUST be given to the athletic trainer before the athlete can resume participation. Once cleared by a physician the athlete must complete an appropriate progression back to full play at the discretion of the school's medical staff.

Sport Concussion & Traumatic Brain Injury

A concussion is a type of traumatic brain injury (TBI) caused by a blow or jolt to the head. The injury can range from mild to severe and can disrupt the way the brain normally works. The following progression is a guideline that will be followed by every student athlete who is returning from concussion. This progression is a guideline and maybe lengthened or modified by the school district physician on a case-by-case basis.

Before starting Step 1 of the progression, the athlete must be symptom free for 24-48 hours. A minimum of 24 hours must pass before the next step is started.

Step 1 – Light aerobic activity – stationary bike
15 minutes

Step 2 – Moderate aerobic activity – jogging x 20 minutes

Step 3 – Non-contact training drills – sport specific drills. May resume resistance training

Step 4 – Full contact practice – return to full contact practice

Step 5 – Return to play – return to full participation in contest

If at any point during the progression there is a return of the concussion symptoms, the athlete's progression will be stopped until symptom free for 24 hours.

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