

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 will 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 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.
- All head injuries assessed as a concussion **MUST** be seen by a doctor — preferably a concussion specialist.

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 and coaches.

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.

When a student athlete is diagnosed with a concussion, *they should expect to complete a 5-step progression under the direction of a physician and supervised by an athletic trainer.* Progressions are guidelines and may be lengthened or modified by the school district team physician on a case-by-case basis. **A minimum of 24 hours must pass before the next step is started.** If at any point during the progression, new or worsened symptoms develop, the athlete's progression will be stopped until symptom free for 24 hours.

NEED MORE INFO?

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Call our 24/7 Sports Medicine Hotline
(614) 566.GAME (4263)



OhioHealth

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Dublin Sells Middle School Sports Medicine Team

What is OhioHealth Sports Medicine?

OhioHealth Sports Medicine Institute is the largest multidisciplinary sports medicine group in central Ohio dedicated to treating student athletes, college athletes, professional athletes, and the athlete in you. WE are made up of more than 200 athletic trainers at over 90 high schools, with more than 60 physicians board-certified in sports medicine, primary care physicians, orthopedic surgeons, sports medicine physical therapists, occupational therapists, registered dietitians, sports psychologists, and the most comprehensive team of experts for sport concussions in central Ohio.

The Team Behind Your Team



Pam Stotts, AT

Pam has been a Certified Athletic Trainer for 29 years. After graduating from The Ohio State University, she completed a master's degree in education from Wright State University. During her time at WSU, she was a graduate assistant athletic trainer. After graduation she was employed at Cincinnati Sports Medicine from 1994-1996 working as an athletic trainer in a clinical setting and with the athletes at Bishop Roger Bacon HS. In 1996, Pam returned to Columbus and was hired as the assistant athletic trainer at Dublin Scioto high school until 2001. She then moved to Dublin Coffman HS for 17 years until 2018. Pam lives in Grove City with her husband, Corry, two sons, Carson and Evan, and 2 dogs, Boomer and Luna.

Dr. Robert Whitehead, MD



Dr. Whitehead has 34 years of sports medicine experience and has provided sports medicine care to professional, Olympic, collegiate, high school and age group athletes over this time span. He is currently the head team physician for Dublin City Schools and has worked as a team physician for the Dublin City School District since 1995. He played a pivotal role in establishing the first orthopedic urgent care in Columbus Ohio where he worked for 13 years. His medical education started at West Virginia University Medical School. He then received his Residency training and subsequent Fellowship in Sports Medicine at The Ohio State University where he stayed after training as a team physician for 11 years. Dr. Whitehead himself is a prior Division I collegiate athlete and now provides sports medicine care in all aspects of sports medicine - particularly acute injuries, sports nutrition and concussion care emphasizing safe return to play.

WE are dedicated to working together with athletes, their families, coaches, and other healthcare professionals to provide the highest quality of care, treatment, and rehabilitation possible and to ensure proper communication regarding the athlete's status and safe return to play.