OhioHealth Sports Medicine

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?

OhioHealth.com/SportsMedicine
@OHSportsMed
Call our 24/7 Sports Medicine Hotline
(614) 566.GAME (4263)

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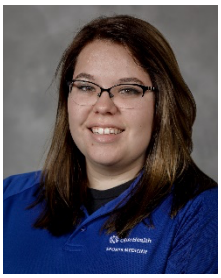
OhioHealth Sports Medicine

Dublin Coffman HS 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



Rachel Reinhart, MS, AT, ATC
Rachel began working at Coffman in 2021. Previously, she worked as an athletic trainer at Hilliard Bradley for 2 years. She graduated summa cum laude from Wilmington College in 2019 with her B.S. in Athletic Training, and then obtained an M.S. in Athletic Training from Ohio University in 2021. She is also working on her Doctorate. Rachel serves on the Executive Committees for the Ohio Athletic Trainers' Association and the Great Lakes Athletic Trainers' Association. She enjoys precepting students and educating patients. Above all, she is passionate about adolescent health care and keeping athletes safe and on the field.
Contact Info:
reinhart_rachel@dublinschools.net
614-718-8580 (Office)



Kole Kendall, MS, AT, ATC
Kole joins the staff full-time in 2026 after spending 2025 as an immersive student at Coffman. He recently graduated with his M.S. in Athletic Training from Otterbein University, where he also completed his B.S. in Allied Health and played football. Kole is passionate about working with high school athletes and finds specific interest in strength-based rehabilitation and acute injury care. Like Rachel, his ultimate goal is to keep athletes safe and playing the sports they love.
Contact Info:
Kendall_kole@dublinschools.net



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 work families, coaches, and other healthcare professionals to provide the highest quality of care, treatment, and rehabilitation possible and to ensure proper communication regarding

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