

Worthington Kilbourne HS Sports Medicine Team

OhioHealth Sports Medicine

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



Boston Waltenberger, AT – Athletic Trainer

Boston has been an Athletic Trainer at Worthington Kilbourne since 2019. He received a Bachelor of Science in Education from Bowling Green State University in 2001. Boston spent his first 12 years as an Athletic Trainer at Sherwood Fairview High School for Mercy Defiance Clinic. In 2014, he took the Head Athletic Trainer position at Cary Academy in Cary, NC. In 2017, he returned to Ohio and became the Head Athletic Trainer at Franklin Heights for OhioHealth. Boston and his partner, Emily, reside in Columbus with his daughter, Catalina, and their dog, Louie. His hobbies include attending concerts, sporting events, and barbecuing.



Amanda Sampsel, MSAH, AT – Athletic Trainer

Amanda has been an athletic trainer at Worthington Kilbourne since 2021. She has been employed with OhioHealth since 2014 as an athletic trainer in the Olentangy Local and Hilliard City School Districts, as well as Madison Christian School prior to her arrival at Worthington Kilbourne. She received a Bachelor of Science in Athletic Training from Kent State University in 2012 and a Master of Science in Allied Health in Post-Professional Athletic Training from Otterbein University in 2014. While at Otterbein, she was a Graduate Assistant Athletic Trainer working with the Football and Indoor/Outdoor Track & Field teams. In her free time, she enjoys spending time with her family in her hometown in Northeast Ohio, attending concerts, collecting vinyl, scrapbooking, photography, reading and writing poetry, going on road trips, and loving on her three cats: Alaska, Loca, and Bandito.



Dr. John Hedge, DO – Team Physician

Dr. John Hedge, DO is an alumnus of Worthington Kilbourne High School and a Sports and Family Medicine physician at OhioHealth. Dr. Hedge received his Bachelor of Science from The Ohio State University and medical degree from the Ohio University College of Osteopathic Medicine. He completed his Family Medicine residency at Cleveland Clinic's Fairview Hospital in Cleveland, Ohio and his Sports Medicine Fellowship at Duke University in Durham, North Carolina. Dr. Hedge is board-certified by the American Board of Family Medicine and is a member of the American Medical Society for Sports Medicine, American Osteopathic Association, and the American Academy of Family Physicians.

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.

