

WORTHINGTON KILBOURNE SPORTS MEDICINE



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Sports Medicine Team



▶ Boston Waltenberger, ATC

- ▶ Football, Cheerleading, Boys' Cross Country, Field Hockey, Boys' Golf, Boys' Water Polo
- ▶ boston.waltenberger@ohiohealth.com
- ▶ bwaltenberger@wscloud.org

▶ Amanda Sampsel, MS, ATC

- ▶ Girls' Cross Country, Girls' Soccer, Girls' Golf, Girls' Tennis, Volleyball, Girls' Water Polo
- ▶ Amanda.sampsel@ohiohealth.com

Sports Medicine Team



- ▶ **Dyanne Lewis, MA, ATC**
 - ▶ Boys' Soccer, Football
 - ▶ dklewis@wscloud.org

- ▶ **Erin Gordon, ATC**
 - ▶ McCord Middle School

- ▶ **Gavin Fusting, OSU ATS**
 - ▶ Football

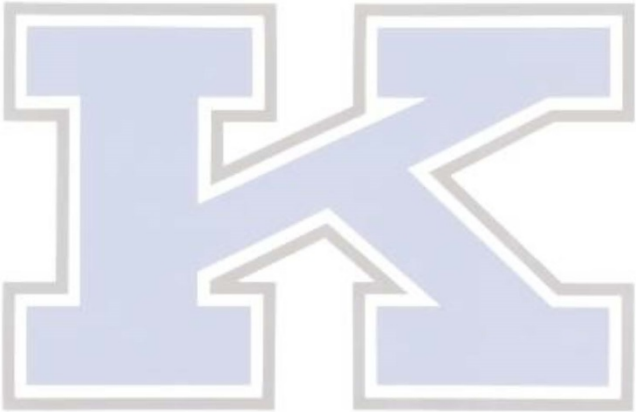
- ▶ **Dr. John Hedge, DO**
 - MAX Sports Medicine
 - 3705 Olentangy River Rd. Suite 260
 - Columbus, OH 43214
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Athletic Training Room Policies and Procedures

Sports Medicine Policies and Procedures Manual

Worthington Kilbourne High School

1499 Hard Rd. Columbus, OH 43235



2018-19

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Athletic Training Room Policies and Procedures



- Copy of Manual can be found on Final Forms
- Signature required for acknowledgement

Physicals and FinalForms



- Physicals good for 13 months.
- Student-athletes CANNOT participate without up-to-date physical and all forms completed.
- Tag athlete to sport
- Physical can be scanned and uploaded to the athlete's account

Injury Protocol



- Athlete, coach and/or parent reports injury to WK Sports Medicine staff ASAP.
- Assessment and recommendations given by WK AT.
- Continue treatment/rehab until discharged by sports medicine staff.
- Have option to follow up with own pediatrician/physician/physical therapist/etc but **MUST** return with note stating participation status.
- **USE SPORTS MEDICINE STAFF AS RESOURCE TO GET ATHLETE BACK ON FIELD/COURT.**

After School Procedures



- All student-athletes must report to ATR ASAP for injury or rehab exercises before reporting to practice
- Sports medicine team will make recommendations to their activity plan for the day
- Treatments during 8th period are an option if student's schedule allows

Concussions



- Type of traumatic brain injury (TBI) that can be caused by a direct hit to the head or by a hit to the body causing the head and neck to whiplash
- **SERIOUS** brain injury, regardless of mechanism of injury and/or sport

Concussion Signs & Symptoms



- Headache
- Dizziness
- Nausea/Vomiting
- Fatigue
- Confusion
- Behavioral changes
- Motor/Sensory changes
 - Decreased balance
 - Sensitivity to light/sound
- Altered consciousness
 - Loss of consciousness
- Mental Status changes
 - Memory Loss
 - Poor Judgment /Impaired Cognitive Function
- Vision Changes
 - Blurry vision
 - Diplopia--Double Vision
 - Halo effects, flashes, lights, "stars"
- Increased Symptoms with Exertion
- Unequal/Unresponsive Pupils
- Seizure Activity

Concussion Protocol



- Any athlete who exhibits signs and/or symptoms, or behaviors consistent with a concussion. . . shall be IMMEDIATELY removed from the contest or practice and shall not return to play that same day.
- Thereafter, the student shall not return to practice or competition until cleared with WRITTEN AUTHORIZATION from a physician or health care provider approved by the local board in accordance with state law.
- **WHEN IN DOUBT, SIT THEM OUT!**

Concussion Protocol



- 5 day return to play once symptom free for 24 hours.
- Each stage lasts one day.
- Return to previous stage if signs and/or symptoms return.
- Modifications to school/etc will be made on an individual basis.
- Dr. John Hedge has final call on all Return to Play decisions.

Graduated Concussion Return to Play Protocol



Name: _____

Date of Birth: _____

No activity (Recovery) Complete Physical and Cognitive Rest until medical clearance	1. Light aerobic exercise (Increase heart rate) 10-15 minutes of biking/walking	2. Moderate aerobic exercise (Add movement) 15-20 minutes of moderate jogging/running	3. Non-contact training drills Non-contact sports specific drills. May start weight lifting/resistance training	4. Full contact practice (Functional skills) Return to full contact, controlled practice (excluding games/competition)	5. Return to play Return to full participation, including games/competitions
Symptom Free for 24 Hours? Yes: Begin Step 1 No: Continue resting	Symptom Free for 24 Hours? Yes: Begin Step 2 No: Continue resting	Symptom Free for 24 Hours? Yes: Begin Step 3 No: Continue resting	Symptom Free for 24 Hours? Yes: Begin Step 4 No: Continue resting	Symptom Free for 24 Hours? Yes: Complete step 5 No: Continue resting	
Date/Initials:	Date/Initials:	Date/Initials:	Date/Initials:	Date/Initials:	Date/Initials:

Impact Testing



- Free concussion baseline testing available to your student-athletes.
- Recommended for contact sports.
- Tool to help determine cognitive function.
- Testing will be coordinated by Dyanne and Amanda.

COVID-19 Protocol



- Positive test requires physician clearance on OHSAA Medical Authorization Form
- Gradual Return-to-Play Protocol highly recommended by Dr. Hedge
 - Stage 1- 10 day quarantine. Symptom and fever free without medication for 24 hrs
 - Stage 2- 15' light activity
 - Stage 3- 30' moderate activity
 - Stage 4- 45' sport specific drills
 - Stage 5- 60' non-contact practice
 - Stage 6- Full contact practice
 - Stage 7- Full RTP

Healthy Roster





- Electronic Medical Record system
- Secure way of communicating about student-athlete injuries (HIPAA Compliant)
- Parents will be invited and given access to their athlete's injury information
- Can be used as a tool to report injuries
- Provides updates on injuries and plan of care
- Preferred method of communication
- Ability to upload documentation

Healthy Roster Example



ATR visit

Worthington Kilbourne High School Status: **Limited Activity**

 Edit  Delete

SA reports improvement. 3/10 pain level with walking.
No edema, ecchymosis. ROM- WNL, pain IV, EV. MMT- 5/5 all directions. + talar tilt.
Instructed on L ankle ther-ex. Instructed to begin light jogging and ball work with ankle brace on 7/30/2019.

Jul 29, 2019

Status update provided by **Boston Waltenberger**



Meghann Moore


Coach (Soccer (Girls))


7/29/2019 11:53 AM

Seen by **3 people**

Thank you!

Add a reply...

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Healthy Roster



- App for phone or tablet
- Desktop version

