

Athletic Training Informational Packet

FAQs, What to do when an athlete gets hurt, Concussions

In an effort to keep our athletes healthy, twelve local high schools have contracted with Essentia Health St. Mary's Medical Center to provide healthcare services in the school setting. These medical professionals are Certified Athletic Trainers (ATCs) certified by the *Board of Certification (BOC)*. Each ATC is also registered by the Board of Medical Practice for Minnesota

BOC Certified ATs are healthcare professionals who collaborate with physicians to optimize activity and participation of patients and clients. Athletic training encompasses the prevention, diagnosis and intervention of emergency, acute and chronic medical conditions involving impairment, functional limitations and disabilities. Athletic training is recognized by the American Medical Association (AMA) as a healthcare profession. – www.bocatc.org

There are many intricacies of the day-to-day operations of the clinic/outreach ATC. Here are the answers to some FAQs.

When is the Athletic Trainer available to see my child for an injury/illness?

- A schedule is typically sent to all coaches on Mondays and posted outside the Athletic Training Room where students can see when he/she is available to evaluate any injuries or illnesses.

What games get coverage and how is that decided?

- The ATC covers home games and events. Unfortunately, if more than one event is occurring at the same time, the ATC will cover the highest risk event. (I.e. football would be covered instead of soccer or volleyball, etc.), which is based on contact vs. non-contact sports.

My child doesn't participate in a sport that gets regular coverage of events or practices. Can he/she still see the ATC for an evaluation?

- Yes! The ATC at the high school is there to provide services to ALL athletes, not just those participating in contact sports. There are no fees associated with Athletic Training services provided at the high school.

My child was injured. What happens now?

- The ATC will assist in determining the severity of the injury and whether the athlete needs to see a physician or if he/she can be treated at the high school. If physician care is needed, you can see your own primary care provider (PCP) or the ATC can make an appointment directly with an orthopedic physician at Essentia Health. Athletes can typically be seen same day or next day. (See flowchart below) If the athlete is seen in Essentia Health Orthopedics, the ATC and physician are in contact throughout the athlete's treatment. This communication helps to streamline the return to play process.

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My child saw a doctor outside the Essentia Health system. Is there anything I need to do before my child can participate again?

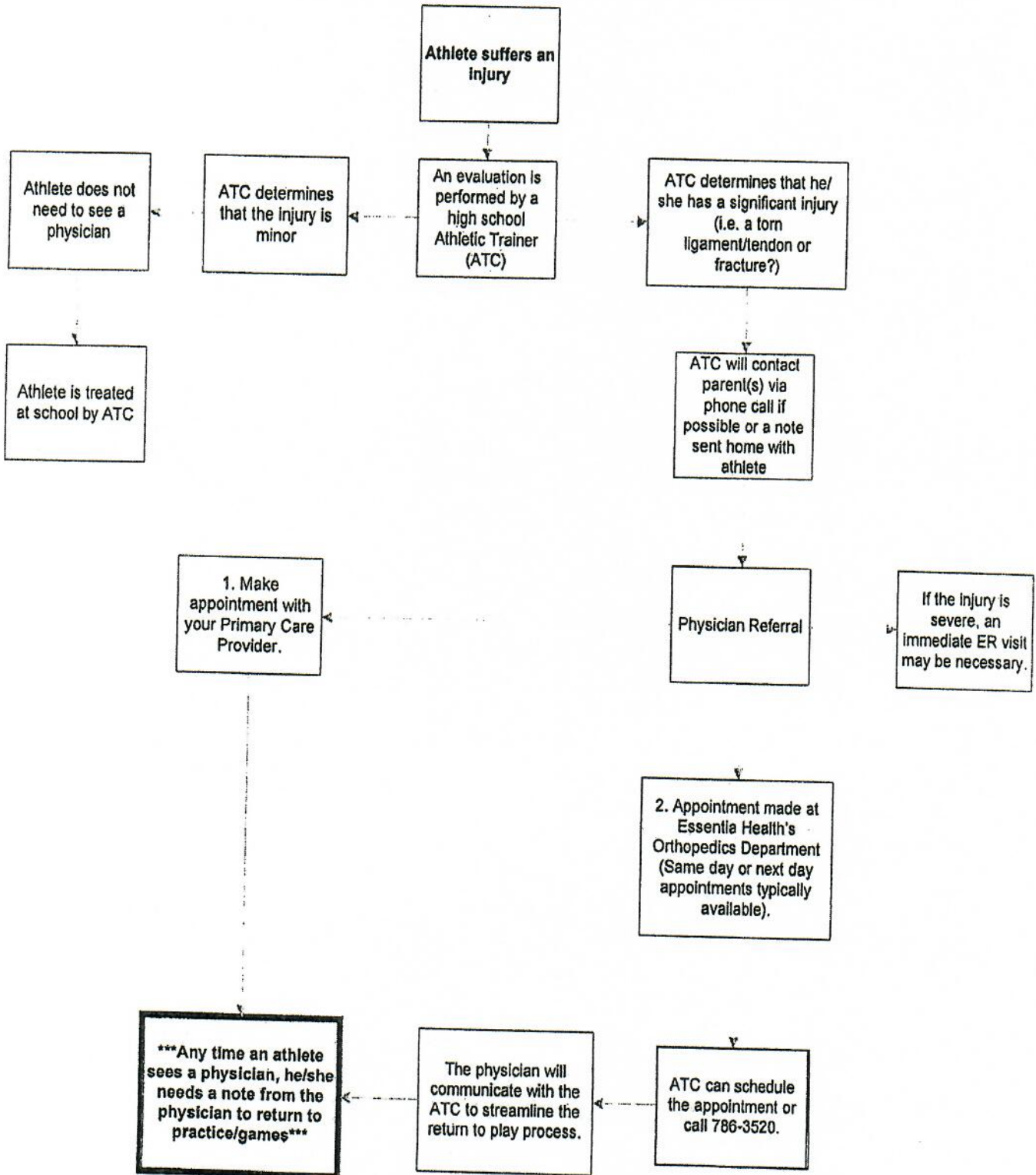
- Bring a note from the provider stating that the athlete is able to participate either with or without restrictions. Due to healthcare privacy laws (HIPPA), the ATC is not legally permitted to contact any health care professional outside the Essentia Health system regarding an athlete. By bringing a note directly from the provider, this keeps the athlete, parents, coaches, and medical professionals informed.

How do I get in contact with the Athletic Trainer if I have a question about my child's care?

- You can call the high school and ask for Julia Carr, Athletic Trainer. They will contact me on my personal line and I will get in touch with you in a timely manner. Or you can email anytime at Julia.Carr@essentiahealth.org. I regularly check my email throughout the day if I am out of the office. If it is an emergency contact the coach and they will give you my personal cell number.

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What happens when an athlete gets hurt during practice or a game?

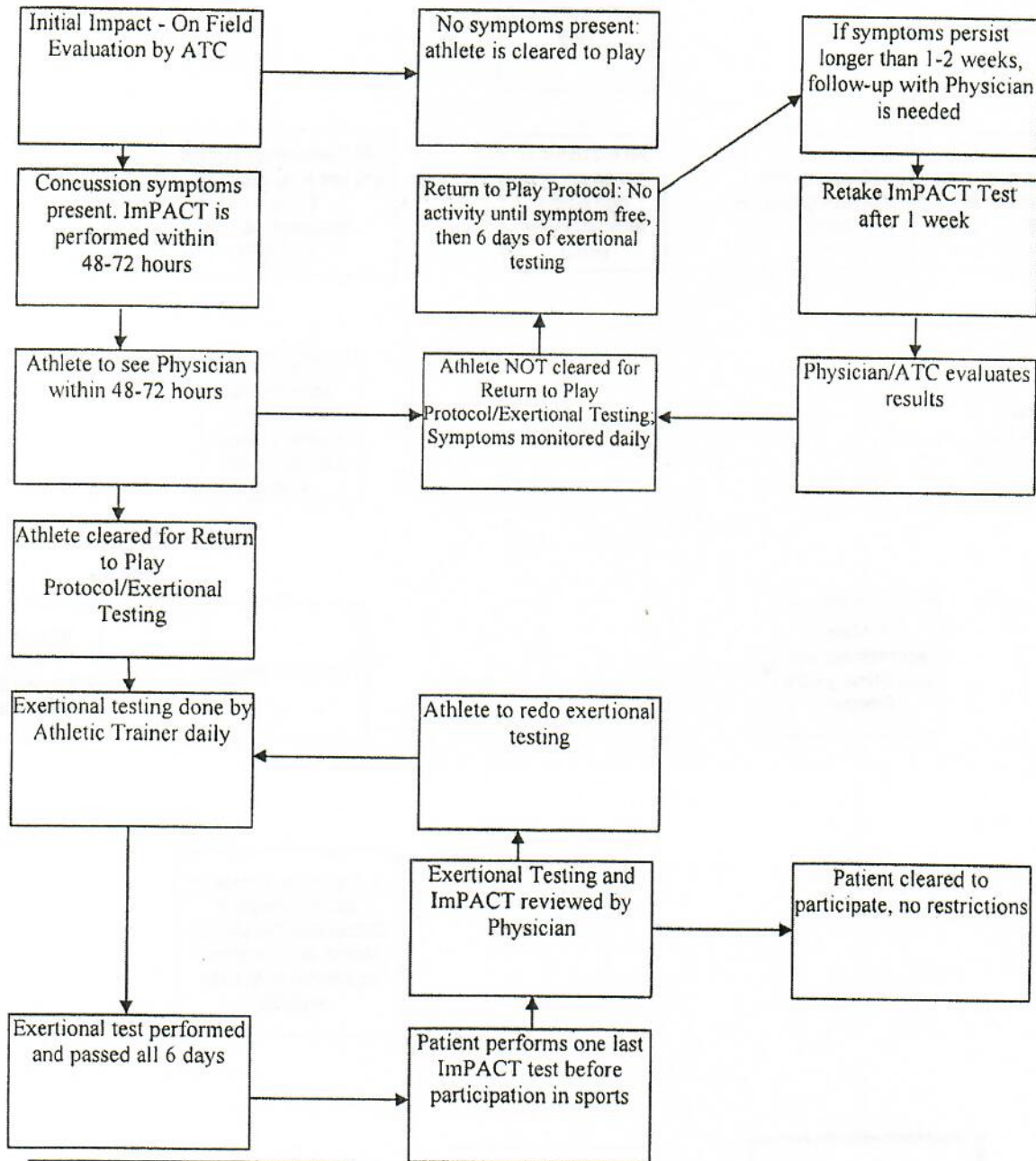


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CONCUSSIONS

In order to make sure the processes in which concussions are handled are consistent, here is an informational chart, depicting the way in which Essentia Health Athletic Trainers diagnose and treat concussions using a consistent return to play protocol & exertional testing. 1



1 Return to Play Protocol consists of 6 days or exertional testing after no symptoms are present. The athlete needs to pass each level before moving on to the next, and only one can be passed per day.

Day 1: light aerobic exercise, light resistive exercises, stretching, low level balance activities

Day 2: light to moderate aerobic exercise, light weight resistive exercises, dynamic stretching, moderate balance exercises

Day 3: moderate-aggressive aerobic exercise, all forms of strength exercise, dynamic stretching, challenging proprioceptive/dynamic balance activities

Day 4: non-contact physical training, aggressive strength exercises, plyometric activities, sport specific performance training

Day 5: non-contact physical training, aggressive strength exercise, plyometric activities, sport specific performance training, no contact with other athletes

Day 6: resume full activities with contact, continue aggressive training/condition, sport specific activities