



CHIPPEWA VALLEY
ORTHOPEDICS AND
SPORTS MEDICINE

HIGH SCHOOL OUTREACH SPORTS MEDICINE PROGRAM

This program was started in 1986. The program is currently provided by Dr. Troy Berg and Dr. Austin Crow. Licensed, certified athletic trainers are provided to McDonell Central High School to evaluate and treat the injuries sustained by high school athletes during the school year. Licensed, certified athletic trainers are medical professionals educated in the recognition, care, treatment, and rehabilitation of injuries/illness of active people. McDonell Central High School has an athletic trainer at school twice weekly. In addition, an athletic trainer is at most athletic events throughout the school year.

We strive to provide the best in sports medicine care for the athletes we see and aim to return the athlete back to sports participation safely, with minimal delay.

The Athletic trainer will:

- **evaluate the athlete's injury and determine what the injury is.
- **give the athlete instructions for the treatment of their injury.
- **recommend exercises to help rehabilitate the injury and indicate if any modifications in athletic practices are needed.
- **refer the athlete to a physician, Emergency Room Urgent Care as necessary.
(85% of injuries are mild and do not need to be seen by a physician)

Referral to a physician is typically made to the athlete's family physician (M.D.). Insurance typically dictates the MD's an athlete may see. On occasion, a referral is made by the Athletic Trainer for the athlete to see a specialist (orthopedic surgeon, neurologist, podiatrist, etc) and physical therapy may also be recommended. Please take the referral seriously.

What should I do if I sustain an injury?

If the injury occurs during a practice or game, inform your coach and see the athletic trainer at school. If the injury occurs on the weekend, seek medical attention as needed. Feel free to contact your physician and/or the athletic trainer. If a body part seems to be getting more sore daily, it could be a chronic injury and you should see the athletic trainer. ***DON'T IGNORE AN INJURY!!*** The sooner an injury is evaluated and treated, the less time (*if any*) will be lost from sports participation.

Initially after an injury, it is important to control swelling and pain. Use an ***ICE PACK*** on the injury for 15-20 minutes, 3-4 times per day. ***ELEVATE*** the body part (if possible) while you ice the injury. If you have ***pain*** with use of the body part, ***REST*** the injury until it is evaluated by the athletic trainer or MD.

What do I do if I see a physician?

If you see a physician for any injury or illness, ***you MUST bring a written prescription slip indicating return to full athletic participation, signed by the MD to the athletic trainer/coach.*** This is a liability issue and applies to whether you saw the MD in their office, in the Emergency Room, or at Urgent Care. You will not be allowed to participate until we have received written permission from the physician.

Head Injury & Concussion

A head injury (not always a concussion) can occur from a direct or indirect blow to the head. *ALL head injuries MUST BE REPORTED to the athletic trainer.* If an athlete, parent or coach suspects a head/brain injury of any kind, the athlete must be seen by the athletic trainer ASAP. The athletic trainer will determine if the athlete needs to be seen by a physician. Wisconsin's Concussion Law indicates that all suspected concussions must be cleared by a health professional trained in concussion evaluation and treatment (*i.e.*, MD, NP, athletic trainer) before they are allowed to return to participation. Even the mildest of head injuries must be taken seriously to avoid further injury and permanent neurological & psychological problems. Several mild head injuries can sometimes have more serious consequences than one significant head injury. Resolution and recovery of a concussion is different for each incident and each athlete. Please be patient with a concussed athlete's recovery. On average, an adolescent takes approximately 21 days for full recovery and return to play from a concussion.

All parents must complete a Head Injury Questionnaire for their child that is kept on file with the athletic trainer/school. McDonell Central High School also utilizes **ImPACT** which is a computerized neuropsychological test administered to all athletes before their season begins as concussions can occur in any sport and daily life. Every 1-2 years these athletes take a Baseline *ImPACT test*. This test is used as an objective tool to measure memory, reaction time, and cognitive functions. If an athlete subsequently sustains a suspected concussion, *the athlete is referred to a Concussion Clinic* for evaluation and post-concussion ImPACT testing. ImPACT testing is repeated until their scores return to their Baseline scores. It is an **invaluable tool** to assist in the decision of when an athlete's brain is ready to safely return to sports participation. The athletes will then complete a return to play protocol following a concussion.

Second Impact Syndrome can occur if an athlete participates with symptoms from a head injury and can be life altering, even fatal.

ALL suspected head injuries/concussions will be referred to a recommended CONCUSSION CLINIC. Once the concussion clinic has cleared the athlete for the exercise RETURN TO PLAY PROTOCOL, the athlete will need to see the athletic trainer "daily" for the progression. Once the athletic trainer has progressed the athlete through the required protocol, the athlete will then need to be cleared by the CONCUSSION CLINIC for full return to COMPETITION (games). Written clearance with MD/NP signature will be required to be on file with school and the athletic trainer BEFORE an athlete can then participate in any game.

If you have any questions or concerns regarding an injury.... please do not hesitate to contact the athletic trainer. *We are more than happy to help in any way we can!!*

Lynn Reuss, LAT, ATC

715-832-1400 (*messages will be relayed to me if I am not currently in the clinic*)

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