

# 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. The following progression is a guideline that will be followed by every student athlete who is returning from concussion. This progression is a guideline and maybe lengthened or modified by the school district physician on a case-by-case basis.

Before starting Step 1 of the progression, the athlete must be symptom free for 24-48 hours. A minimum of 24 hours must pass before the next step is started.

*Step 1 – Low levels of non-contact physical activity 20-30min*

*Step 2 – Moderate levels of non-contact physical activity 30-45min*

*Step 3 – Heavy, non-contact physical activity 45-60min*

*Step 4 – Full contact in controlled practice*

*Step 5 – Full contact in game play*

If at any point during the progression there is a return of the concussion symptoms, 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)



**OhioHealth**

BELIEVE IN WE™

# Hilliard Davidson/ Hilliard Weaver 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 160 athletic trainers at over 55 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



### Philip Frank, MS, AT

Philip started with Hilliard Davidson athletics in the fall of 2022. He has 16 years of experience as a high school athletic trainer. He received his Bachelor's degree from Canisius College and Master's degree from The Ohio State University. Philip also holds additional training as a corrective exercise specialist and in functional movement screens.

Philip.Frank@ohiohealth.com | (716) 353-1081



### Katie DeWilde, AT

Katie started with OhioHealth and Hilliard Davidson in the fall of 2023. She has her Bachelor's degree from Wright State University. She worked as a high school athletic trainer in Dayton for 4 years prior to joining OhioHealth. Katie has a passion for working with young athletes and helping them return to the activities they love.

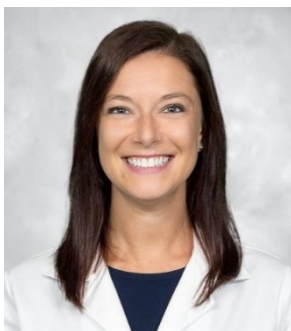
Katie.DeWilde@ohiohealth.com | (614) 315-2504



### Miranda Haas, MS, AT

Miranda started with Hilliard Weaver athletics in the spring of 2021. She has an undergraduate degree from Otterbein University and her Master's from Ohio University. Miranda has a passion for education and teaching athletes about their injuries.

Miranda.Haas@ohiohealth.com | (740) 361-2446



### Erica Mantell, MD

Dr. Mantell serves as team physician for Hilliard Davidson and Weaver. She is board certified in Family Medicine and Sports Medicine. She completed her undergraduate studies at The Ohio State University, her Family Medicine residency at Dublin Methodist Hospital, and her Sports Medicine fellowship at The Ohio State University. Dr. Mantell specializes in non-operative orthopedic injuries.

McConnell Spine, Sport and Joint Center  
3773 Olentangy River Rd.  
Columbus, OH 43214  
(614) 566-3810

**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.