



Londonderry Athletic Training

Injury Notification and Concussion Management

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Lancer Athletic Training Program Highlights

Concussion Management

Suspected head injuries should be reported immediately for assessment by an ATC, MD or other licensed healthcare professional.

All athletes will be required to follow the concussion protocol if a head injury is suspected.

All Impact tests are sent to and interpreted by a neuropsychologist at Dartmouth Hitchcock

- a. Impact testing should be done 24-48 hours following injury
- b. Once asymptomatic a second Impact test occurs. A third and fourth test may be required depending on the results of that test.

Understand head injuries are treated based on the individual so time out of classroom and athletics is highly individual based on:

- a. Previous concussion history
- b. More or less symptoms
- c. Length of time out
- d. Adherence to the mental and physical rest protocol.

Injuries

Understand the role of the Certified Athletic Trainer as a Licensed Health Care Professional
National Athletic Trainers Association (see NATA.com for additional information)

- a. Injury assessment, emergent vs non emergent
- b. Acute care treatment; ice, tape, wraps etc.
- c. Most injuries can be treated on campus or referred out if another medical opinion is needed.
- d. Rehabilitation and reconditioning, heat/cold therapy, massage, therapeutic exercise can all be done on campus.
- e. On campus for game/practice coverage. On field coverage is dictated by risk and level
ie. Collision vs non- contact / varsity vs jv.

Report injuries immediately to the athletic training staff; Meghan or Michelle

Always ask for a note from the doctor; **All injuries and illness seen by a physician require a note for clearance to practice or games, no exceptions.**

Staying Healthy

- 1 Proper nutrition, hydration, massage, complete rest at least once a week and play one sport at a time.
- 2 Stay home if you're sick: rest, nutrition and avoid spreading infection
- 3 Do Not share water bottles, towels or other clothing
- 4 Cover any open wounds before practice/competition and clean after practice / competition.
- 5 Wash hands with soap and hot water before leaving practice / competition. Wrestlers should shower prior to leaving building.
- 6 Prior to bed stretch focusing on hips and upper back and ankles. Practice deep breathing in through the nose out through the mouth with full exhales 1-2 minutes.
- 7 If your sport requires a mouth guard, fit it and wear it all times practice and games. Custom is recommended.

Resources: LancerPower.com; FaceBook Lancer Power; Twitter @Lancer_Power; Instagram

