



Hello Holicong Parents!

Welcome to a new year of athletics at Holicong! **ATI Physical Therapy** is the proud provider of Athletic Training Services for Central Bucks. My name is Melanie Cardell and I would like to introduce myself as the certified athletic trainer working at Holicong this school year. My role as a licensed healthcare provider is to educate, prevent, assess, manage and rehabilitate the athletic-related injuries of our student athletes. I work under the direction of a physician to provide the highest quality of evidence based care so we can keep your son or daughter healthy and active in their sport. I am looking forward to a great and successful year supporting your athletes! I would like to put into writing a few procedures that you need to be aware of as a parent of a student-athlete at Holicong.

Contact Information

Please feel free to contact me with any questions or concerns you may have regarding the care of your student athlete through email at melanie.cardell@atipt.com or by phone at **(215) 852-0174**.

Reporting Injuries

It is very important that **ALL** injuries, whether they occur at a team practice or game (home or away), get reported to me as soon as possible. The resources I have available in the athletic training room and through my employment with ATI are designed to get the athletes the best and quickest care available. In addition to evaluations performed by me, I have the ability to schedule appointments with some of the area's top orthopedic and sports medicine doctors within 24-48 hours. ATI also offers injury screenings provided by ATI physical therapists: the injury screenings are **FREE** to you and are available at all ATI locations. Please contact either myself or the clinic director so we can set up a screen at your convenience.

Any time an athlete seeks care from a physician for an athletic injury, that athlete may not return to play until I have a written note from the physician releasing the athlete back to full participation. There is no exception to this rule. Parent notes are unacceptable.

Concussions

If it is suspected that an athlete has sustained a concussion, that athlete is **required to be assessed by a physician (MD/DO)**. Once that athlete is symptom free and has been cleared by a physician, they **must complete a five-day step-wise return to play progression** before they are fully released to participate in sports. This return to play program begins with light aerobic activity and is gradually increased throughout the five steps.

Training Room Hours

During the school year, I will arrive in the athletic training room by 1:30 and be available through the end of practice or home competitions. Please encourage your athletes to come to the athletic training room if they need to be evaluated for an injury, so we can work together to get them on the best path to a full recovery and quick, safe return to sport.

Please do not hesitate to contact me with any questions or concerns and I look forward to working with your athletes!

Go Colonials!

Thank You,
Melanie Cardell LAT, ATC

ATI Physical Therapy- Doylestown
Director: Brian Kedra
73 Old Dublin Pike, Ste 6
Doylestown, PA 18901
(215) 489-1701

ATI Physical Therapy- Warrington
Director: Amanda Cook
630 Easton Road
Warrington, PA 18976
(215) 491-5961