

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 – Exercise bike for 15-20 minutes
- Step 2 – Light Jog for 15-20 minutes
- Step 3 – Sprinting, easy weight training, individual sport specific drills
- Step 4 – Non-contact team drills
- Step 5 – Full-contact team practice

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)

Pickerington High School Central 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



Kylie Powell, MS, AT
Athletic Trainer, Pickerington High School Central

Kylie started at Pickerington Central in 2016. Kylie is a native of Doylestown, PA. She graduated from Duquesne University with her Bachelor's degrees in Athletic Training in 2016 and from Ohio University with her Master's Degree in Athletic Training in 2018. Kylie is an active member of the National Athletic Trainers' Association (NATA), Great Lake Athletic Trainers Association (GLATA) and Ohio Athletic Trainers' Association (OATA).

(614) 548-1976 (Office)
(614) 548-1830 (Fax)
kylie.powell@ohiohealth.com



Jacob Keilholz, AT
Athletic Trainer, Pickerington High School Central

Jacob started at Pickerington Central in 2024. Jacob is from Toledo, OH and completed his Bachelor's degree in Athletic Training from Ashland University in 2022. Jacob went on to complete his Master's degree in Allied Health from Otterbein University in 2024, where he also worked as a graduate assistant athletic trainer

(614) 548-1976 (Office)
jacob.keilholz@ohiohealth.com



Marcus Goins, AT
Athletic Trainer, Pickerington Ridgeview Junior High School

Marcus has worked as an athletic trainer in the Pickerington School District since 2021. He started as an assistant athletic trainer at Pickerington High School North. Marcus transitioned into his new role as athletic trainer at Pickerington Ridgeview Junior High in 2024. He received his Bachelors in Athletic Training at The Ohio State University. Marcus is certified with the Board of Certification for Athletic Trainers. He is also licensed with the Ohio Occupational Therapy, Physical Therapy, and Athletic Trainers Board.

marcus.goins@ohiohealth.com



Monique Brady, MD
Team Physician

Dr. Brady is board-certified in both sports medicine and family medicine. After graduating from The Ohio State University College of Medicine, she completed her residency and sports medicine fellowship at OhioHealth Riverside Methodist Hospital. Her special interests include caring for active patients of all ages, concussion management, overuse injuries and preventative care. Dr. Brady currently serves as the team physician for Pickerington High School Central and Harvest Preparatory School. Her professional memberships include the American Medical Society for Sports Medicine, American College of Sports Medicine and American Academy of Family physicians.

Office Location:
OhioHealth Pickerington Medical Campus
1010 Refugee Rd. Suite 200
Pickerington, OH 43147
(614) 788-4222 (Office Number)

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.