

Dear Parents/Guardians,



For many high school students playing sports are a very important part of High School. As with sports there is always a risk of injury. Injuries range from mild to severe, and that is where the athletic trainers job begins.

Hi, my name is Katie Knisely and I am the athletic trainer at Niles High School. Many of you have met me or seen me on the sidelines. I would like to introduce myself to you and how I am here to help your child. I am employed through Corewell Health South and placed at Niles. Being a Certified Athletic Trainer I am able to respond to medical emergencies, clinically diagnose and evaluate injuries, help with treatment and rehabilitation of those injuries, help strength the athlete for prevention of injuries and post injury. Additionally, since I am employed through the hospital, I can also refer to orthopedic surgeons and sports medicine doctors, and help facilitate scheduling of physical therapy with one of our physical therapy clinics.

If your child has a medical condition(s) you would like me to be aware of while they are participating in athletics, please contact me at [katie.knisely@nilesschools.org](mailto:katie.knisely@nilesschools.org). Inform me of their medical condition and protocol you would like to be followed. Examples include but not limited to, diabetes, asthma, seizure disorders, clotting disorders, allergies (mainly if an epi pen needs to be administered when exposed to the allergen) and even mental health issues.

Another big topic is concussions that I am able to clinically diagnose and help with the return to play protocols. If your child is suspected of sustaining a concussion then they will be removed from play at that time. An evaluation will take place to help determine if a concussion indeed occurred to your child. If the athletic trainer diagnoses your child with a concussion, then he/she will need to be seen by a physician to be cleared to return to sports. Concussions range from many symptoms to just a few and each are taken seriously. Your child may be out of sports for only a handful of days to potentially a handful of weeks. We only have one brain for the rest of our lives and we would like it to function at the highest level for as long as possible.

Thank you for taking the time to read this letter. It is a pleasure taking care of your athletes and loved ones. Go Viking!

Sincerely,  
Katie Knisely MS, AT, ATC, CSCS