



Athletic Training Room Phone: (610) 944-1247 x20154 **Fax #:** (610) 944-5308

Christian.klucsarits@sluhn.org

Heather.wood@sluhn.org

Injuries:

- Encourage your child to see us if they are experiencing any problems
- We will let you know if it is something we feel needs to be seen by a physician
- We can manage many injuries and guide rehabilitation protocols for your child, and we can alter participation in practices and games, if needed.

Concussions: (per St. Luke's University Health Network policy, available on the athletic department website)

- General symptoms include headache, dizziness, upset stomach, blurred vision, ringing in the ears, and more (***please see additional handout***)
- Symptoms occurring after taking a hit to the head or having a whiplash mechanism
- **MUST** see us or the athletic trainer at the away game to be evaluated before returning to play or leaving to go home
- If an injury happens during a practice or game, we will talk with parents and give you the appropriate paperwork and guidance.
 - Suggestion on referral to the appropriate medical care provider
 - Section 9 of the physical packet **must be signed by a physician (MD or DO)**
 - A copy of the return to play progression
- Once symptom free, a return to play progression will be started and dictated by the athletic trainers
 - A minimum 5-day progression before returning to full activity
 - Each day will consist of specific activities as well as re-evaluation of signs and symptoms prior to advancing to the next day.

Doctor's Notes and Return to Play:

- If your child goes to the doctor, ER, or urgent care for an injury or illness, we must have a note **signed by a doctor (MD or DO)** clearing your child to return to play.
- This note must include:
 - Diagnosis
 - Any restrictions
 - Treatment given by physician
 - Treatment physician would like us to be giving (I.e., rehab/physical therapy, taping, bracing)
- Urgent cares and the ER are often staffed by mostly physician assistants or nurse practitioners, and we can only accept notes signed by a doctor (MD or DO).
- Often, we will need a Section 9 - "Recertification by Licensed Physician of Medicine or Osteopathic Medicine" form filled out by the treating physician in order to play in a sport in the following season (along with Section 8 - "Recertification by Parent/Guardian"). It will clear the child for participation in other sports this school year)
- Athlete must get through a full practice before participating in a game after being cleared by a doctor for an injury (this does not apply to concussions. See policy above).
- We are not allowed to give high school athletes any medications (I.e., ibuprofen), non-prescription EpiPen injections, or non-prescribed inhalers. If your child has an EpiPen or inhaler, please make sure they bring it with them to practice and games.

***Please feel free to stop in, call, or email us with any questions! ***