
Sports Medicine Institute

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Mission

We are an academic medical center dedicated to improving the health and well-being of people through research, education, clinical care, and community service. We embrace the opportunity to teach others, to learn from our partners, and to care for patients in our community with skill and dignity. We build upon our rich history of medical innovation and community service to improve the lives of those in our care. Our mission is exemplified in our exceptional, compassionate, and high-quality medical care.

What is an Athletic Trainer?

Athletic trainers are licensed and certified health care professionals who specialize in preventing, recognizing, managing, and rehabilitating athletic injuries. Athletic Trainers works primarily under the direction of the team physician. The athletic trainer is the one individual who deals with the student-athlete throughout the period of rehabilitation, from the time of the initial injury until the patient's complete, unrestricted return to activity. A The athletic trainer is most directly responsible for all phases of health care, including preventing injuries from occurring, providing initial first aid and injury management, evaluating injuries, and designing and supervising a timely and effective program of rehabilitation that can facilitate the safe and expeditious return to activity.

Policies and Procedures

We will not allow your child to play in potentially dangerous conditions and take the necessary precautions to keep them safe.

Referrals/Emergency Protocols

Our position utilizes two different referral processes: emergency referrals and next day physician clinic referrals.

- An emergency referral is used in a life or limb threatening emergency.
- Clinic referrals are the most common type of referral we make. These are used for non-life or limb threatening injuries that occur during a practice or game. We refer to the sports medicine provider best suited for an athlete's injury and for continuity of care.

Injury Protocol

If an athlete sustains an injury while the Certified Athletic Trainer (ATC) is present, they will be assessed by the ATC. The ATC will examine the athlete and provide treatment when necessary. A plan of care will be developed after evaluation and activity status will be shared with the student athlete, coach, and parents. In emergency situations the ATC assesses injury and acts, including calling 911, as appropriate. An attempt will be made to contact legal guardian (if a minor) in the most expeditious way possible.

If an athlete sustains an injury while the ATC is not present, coaches will remove the student-athlete from activity, assess injury, and alert the ATC. The athlete will follow up with the ATC when it is deemed necessary

by the athletic trainer. In emergency situations, coaches will call 911 and alert the ATC. An attempt will be made to contact legal guardian (if a minor) in the most expeditious way possible.

The decision for an athlete to return to athletic participation will be determined by an athletic trainer following return to sport protocol. If additional treatment is required by a physician, the physician determines when that athlete is safe to begin a gradual return to sport protocol with the ATC. The athletic trainer will collaborate with the physician regarding the decision of athletes return for a comprehensive system of care. The final decision will come from the ATC following the guidance of the physician. This decision will be made with careful consideration after a thorough evaluation of the student athlete.

Concussion Protocol

Kentucky High School Athletic Association (KHSAA) protocol requires an athlete to be removed from play until he/she has been evaluated by an appropriate health-care professional if they have sustained a concussion. An athlete may not return to activity on the day the concussion is diagnosed. After a concussion diagnosis has been made clearance by a physician is required to begin a graduated return to play with the Athletic Trainer. Return to play will occur in a standard series of symptom-based progression consisting of no activity, light activity, sport specific activities, non-contact activities, contact activities, full practice, and return to games. Neither the athletic trainer nor the physician may skip any parts of the return to play progression.

Physicals

The KHSAA dictates that all athletes have a physical that has been performed in the past 13 months in order to be eligible to play. All pages of the physical form must be filled out to be considered complete. Athletic trainers should receive a copy of each team's physicals from their coach or athletic director. If a physical expires during a sport season, the athlete is not permitted to practice or play after the initial physical expires until the school has a copy of the new one. Students are not permitted to try-out for athletic teams without a current physical. Coaches are responsible for having the physicals at each practice and game.

Heat

In the summer months Kentucky High school Athletic Association (KHSAA) requires that electronic heat readings be taken with an electronic sling psychrometer prior to the start of athletic events.

Lightning

Per the National Federation of State High School Association's Guidelines on Handling Practices and Contests during Lightning or Thunder Disturbances, practices and games are to be stopped at the first sound of thunder or sighting of lightning.

- a. When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
- b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
- c. Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
- d. When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in deciding to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing

thunder or seeing lightning* should always take precedence over information from a mobile app or lightning-detection device.

* – At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty. Practices and games are to be stopped at the first sound of thunder or sighting of lightning. All participants are to move to a lightning safe shelter. There is a gold standard to follow in order to determine when contest may resume.