



Hartland Athletic Trainer

Jilli Martenson AT, ATC is a certified and licensed athletic trainer. She has been certified since 2008 after receiving her bachelor's degree in athletic training at Central Michigan University. Together with ATI Physical Therapy and Hartland Team physicians, Jilli is committed to providing Hartland Athletes with the highest quality of care.

Contact Information

Please do not hesitate to contact Jilli if you have questions or concerns about your student-athlete.

Cell phone: 517-795-9502 Athletic Training Room: 810-626-2336 ATI Hartland: 810-632-1000

Email: Jillian.Martenson@atipt.com

Athletic Training Room Hours

During the school year Jilli will arrive to the athletic training room by 2:00 pm. Please encourage your athletes to come immediately to the athletic training room if they need assistance. If there are no games, Jilli will leave between 5:30 and 6:00 pm. If there are home games scheduled, Jilli will be on school property until the conclusion of the games.

Reporting Injuries

It is very important that all injuries are reported to Jilli as soon as possible. Jilli has available resources that allow her to provide our athletes the best and quickest care available. This includes access to local orthopedic doctors with whom Jilli can schedule appointments with very quickly as well as injury screenings with ATI Physical Therapy. The screenings are **FREE** to you and are available at all our locations. Please contact Jilli if you are interested in a free injury screen. If an injury occurs at an away game, please contact Jilli to inform her or to ask for assistance.

Team Physician

Hartland High Athletics Team Physician is Dr. Todd Frush, MD. He is an orthopedic and sports medicine specialist with DMC. Dr. Frush has office hours in DMC Hartland Clinic on Tuesdays from 7:30am-4:00pm. Dr. Frush or his partners will see a Hartland athlete within 24 to 48 hours of injury. To schedule an appointment with Dr. Frush call 248-489-4410 or contact Jilli for assistance.

Concussion Policy

According to Michigan State Law and the Michigan High School Athletic Association, any athlete that is suspected of sustaining a concussion will be removed from athletic participation and must be evaluated by a physician. In order for the athlete to return to sport, **the certified athletic trainer must receive a written clearance from an MD/DO/PA/NP AND the athlete must complete a 5 step gradual return to play progression.** Parents are strongly encouraged to visit the following website for detailed information regarding concussions and return to play guidelines:

www.mhsaa.com > Health and Safety > Heads

Returning an Athlete to Play

It is a Hartland High school policy that any time an athlete seeks care from a physician for an athletic injury, that athlete **may not** return to play until we receive a written note from the physician for releasing the athlete for participation. **There is no exception to this rule. Parent notes are unacceptable.**