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HOURS:

Lebanon High School Athletic Training Room: Daily, 2:30-End of practices/events

Lebanon Jr High: Football Fieldhouse Fall/Spring: 2:30-End of practices/events

****All coaches have access to our contact information. We can help outside of normal hours if you have questions or concerns with an injury.**

*****Physical Therapy: Atrium Sports Medicine and Physical Therapy offers a convenient location at the Countryside YMCA. Our Physical Therapists are equipped to handle a multitude of injuries and we work closely with them to assist your athlete in safe return to play.**

IF YOUR CHILD IS INJURED/ILL, you will be notified in one of these four ways....

1. In-Person conversation: If a parent is available, we may ask you to come to either the sideline or to the training room to talk about the injury and plan of action.
2. Phone call: Please make sure your phone number on the emergency medical form is up to date.
3. Note/Physician Referral Form sent home with athlete: We fill out injury reports for each injury, and if we feel your athlete should see a doctor, we will send home a note with them as well.
4. Communication through your child: For minor injuries... scrapes, bruises, blisters, etc., we may ask the athlete to inform you that they received first aid for something mild that did not affect playing time.

IF YOUR CHILD SEES A PHYSICIAN....

As part of Premier Health, we have access to multiple professionals in numerous specialties. In most cases, we are able to help set your athlete up with an appropriate healthcare professional quickly. However, if your insurance doesn't allow certain physicians, we have connections in just about every area in southwest Ohio and are happy to facilitate treatment to return your child to their sport in a timely/safe manner.

*****IF YOUR CHILD SEES A PHYSICIAN, It is required that they are released IN WRITING BY THAT PHYSICIAN*****

Please request written documentation stating to what degree and when your athlete is able to participate. In certain cases, i.e. concussion, there may be certain limitations as to which healthcare professionals are acceptable in writing release to play. We will discuss that at that time.

IF YOUR CHILD HAS A PRE-EXISTING/SERIOUS MEDICAL CONDITION....

To help facilitate treatment in an emergency situation, please inform us of any pre-existing medical conditions such as severe allergies, asthma, diabetes, recent surgeries, or anything that would help us help your athlete.

HEAT ILLNESS...

The Warrior athletic family is trained to detect potential heat illnesses. We are constantly monitoring weather conditions, including heat index, to decrease the risk of illnesses and emergencies, in accordance with the National Athletic Trainers' Association Standard of Care. We also adopt a "free flowing" water policy so that our athletes can stay hydrated and healthy. Please encourage healthy eating and hydration with your athlete.

HEAD INJURIES...

The Warrior athletic family is trained to watch for signs and symptoms of head injuries. We treat all potential head injuries conservatively, in accordance with Ohio law. If there is any suspicion of head injury, we adhere to the "No Play That Day" policy and your child will be removed from participation until evaluated by a physician. **The athlete must be cleared for participation by a qualified MD, DO, or Nurse Practitioner.** The following protocol will be activated once the athlete is symptom free for 24 hours. The only exception to that is if the treating physician indicates another return to play protocol, which must be provided in writing. Our protocol is designed based off the 2008 Zurich International Conference, and is accepted and administered under the supervision of our Medical Director.

GRADUATED RETURN TO PLAY PROTOCOL

The stepwise progression outlined below allows a reasonable process for returning to sport. The athlete should be able to progress to the next level if they are asymptomatic at the current level. Generally, each step should take 24 hours to complete. If any post-concussive symptoms occur while in the program, the athlete should drop back to the previous level, rest for 24 hours, then try to progress from that asymptomatic level. If complications persist, follow-up appointments with your physician are recommended.

Rehabilitation Stage

1. No activity
2. Light aerobic exercise under
3. Sport-specific exercises
4. Non-contact drills
5. Full-Contact Practice
6. Return To Play

Functional Exercise Stage

Complete physical and cognitive rest
Walking, swimming, or stationary biking...keeping
70% max personal heart rate. No resistance training.
Running drills, dribbling drills, etc. NO head impact activities.
Progression to more complex training drills.
May start resistance training.
Participate in normal practice activities. Monitored
No restrictions- normal game play

** Please note that every athlete and injury is different and progression can be affected by several different factors such as previous injury, severity, return of symptoms, etc.

WE ARE HERE TO HELP, PLEASE DON'T HESITATE TO CALL/EMAIL WITH QUESTIONS/CONCERNS.

WE LOOK FORWARD TO ANOTHER GREAT YEAR OF WARRIOR ATHLETICS!!!

