



# Cleveland Clinic

## Sports Health

Wildcats,

I would like to take this opportunity to introduce you to the sports medicine services that are provided to the student-athletes at Keystone High School by Cleveland Clinic Sports Health.

I will be serving as the head athletic trainer at Keystone High School. I am a health care professional that is nationally certified and state licensed as an athletic trainer. I earned my bachelor's degree from an accredited athletic training curriculum at the University of Mount Union, and I received my master's degree in sport science from the University of Akron. I am educated and skilled in the services of injury prevention, injury recognition, injury evaluation, emergency care and rehabilitation.

In addition to my services we are fortunate to have sports medicine physicians from Cleveland Clinic Sports Health as our team doctors. It is also important to understand that not all injuries can be treated in the high school athletic training room. If an injured athlete requires additional medical attention, Cleveland Clinic Sports Health can provide priority scheduling. Please call (440)-204-7800 or (330) 721-5700 to schedule an appointment for an evaluation at our Lorain and Medina locations.

Our toll-free hotline, 877-440-TEAM, is available from 7am-11pm every day of the week. This hotline can provide access to a registered nurse that can answer your questions regarding a sports-related injury, or schedule your appointment with a Cleveland Clinic Sports Health physician.

Go Wildcats!

Amanda McMahan, AT, MS, ATC

Certified Athletic Trainer

Cleveland Clinic Foundation

Lorain Kolczun Orthopaedics

Keystone High School



All athletes deserve the very best sports-related care and treatment that's one-on-one and state-of-the-art. At Cleveland Clinic Sports Health, this involves conditioning to become stronger and faster, maximizing abilities, treating injuries if they do occur and improving future performance.

Cleveland Clinic Sports Health brings together top orthopaedic surgeons, primary care sports medicine physicians, physical therapists, athletic trainers, nutritionists, radiologists and exercise physiologists to keep athletes in the game.

Our experts treat athletes in all sports and at all ages and skill levels. As our patient, you have access to the same specialists who treat Cleveland's professional sports teams and the orthopaedic program ranked #3 in the nation by U.S. News & World Report.

#### *Our Services*

There's a difference between an injury and a sports injury. That difference is you, the athlete. Cleveland Clinic Sports Health will help you get back into your game as safely and as quick as possible with specially designed comprehensive programs.

#### *Injury Care and Management*

Both our medical and surgical specialists use the latest diagnostic technology to evaluate an athlete's injury and develop a specialized care plan to return you to your pre-injury performance as quickly as possible.

#### *Primary Care Sports Medicine Physicians*

Primary Care Sports Medicine Physicians specialize in the non-operative treatment of medical conditions in athletes. Sports Medicine Physicians can expedite referral to an orthopedic/sports surgeon when indicated, and can help guide referrals to appropriate rehabilitative care and ancillary services as needed. Common examples of musculoskeletal problems in sports include:

Acute injuries (such as ankle sprains, muscle strains, knee & shoulder injuries, and fractures)

Overuse injuries (such as tendonitis, stress fractures)

Mild traumatic brain injury and other head injuries

Athletes with chronic or acute illness (such as infectious mononucleosis, asthma or diabetes)

Nutrition, supplements, ergogenic aids and performance issues

Exercise prescription for patients who want to increase their fitness

Injury prevention

"Return to play" decisions in the sick or injured athlete

Strength training and conditioning

Healthy lifestyle promotion

### *Emergency Medical Forms*

Before any treatment can be provided, the athlete must have his/her parent/guardian sign and return the emergency medical form which authorizes the certified athletic trainer to render care.

### *Reporting Injuries to the Athletic Trainer*

All injuries must be reported to the athletic trainer. If an athlete is injured and the athletic trainer is not available at the time, the coach should have the injured athlete report to the athletic trainer the next day. Athletes are responsible for signing in daily before getting treatment. All physician release forms must go to the athletic trainer.

### *Physician Referrals*

Should an injury or illness warrant additional treatment and care, the certified athletic trainer can assist in the referral process. Any athlete who sees a physician for an injury sustained while participating in a sport or activity must present a signed physician release to the certified athletic trainer. Any athlete who does not present a physician release to the athletic trainer should not be allowed to resume practice or participate in games.

### *Over the Counter Medications*

Medications of any type are not allowed to be dispensed to athletes.

### *High School Baseline Testing*

The Cleveland Clinic is committed to the health and well-being of your athletes. As the sports medicine provider for your school, Cleveland Clinic will provide baseline testing. The Cleveland Clinic uses well-accepted computerized tests combined with physical evaluation to diagnose a concussion. An important part of these computerized tests is having a baseline to compare function following an injury. We use two types of baseline testing at Cleveland Clinic.

### *C3 Application*

C3 (Cleveland Clinic Concussion) is an iPad based application that combines many of the available mental and physical concussion tests into one succinct tool. The information collected will be electronically stored so clinicians can access all of these results along the recovery process. It takes about 20-30 minutes to complete. This test should be completed annually to account for an athlete's maturation.

### *ImPACT Sports Concussion Program*

ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is a 20-30 minute computer test developed to help sports-medicine clinicians evaluate multiple aspects of neurocognitive functioning following concussion. It should be taken by the athlete in the freshmen and junior academic years in healthy athletes and annually for any athlete with a history of concussion.