

Middletown Sports Medicine FAQ

Q: What is an athletic trainer?

A: Athletic trainers (ATs) are licensed healthcare professionals who specialize in the prevention, diagnosis, emergency care, treatment, and rehabilitation of injuries for athletes.

We're part of your athlete's healthcare team! Not personal trainers or coaches, but medical providers.

Q: Who are the athletic trainers at Middletown?

A: Mariah and Corbin are your full-time athletic trainers, employed by Premier Health, Atrium Medical Center.

They're at school weekday afternoons and at all home high school athletic events to keep athletes healthy, safe, and ready to perform.

Q: When are you available?

A: The training room opens at 2:15 p.m. every school day and stays open until games finish or the majority of practices conclude.

*If your athlete is injured, they should come straight after school to check in or do rehab **before** practice starts. AT's will send coaches schedules for training room hours during holidays and breaks.*

FAQ's about Injury & Care Process

Q: What should my athlete do if they get hurt?

A: Tell the athletic trainer or a coach right away, don't wait! **Early care leads to faster recovery.**

The AT will evaluate the injury, document it in FinalForms, and guide the athlete through treatment and rehab while communicating with coaches and parents as needed.

Q: Do I need to go to the doctor right away?

A: Not always! Many injuries can be evaluated and treated at the school by your AT.

If we suspect something more serious, we can contact your parents and schedule an appointment directly with our team Orthopedic doctor, Dr. Scott Albright, at Premier Orthopedics (less than 1 mile from campus).

Q: Can my athlete still practice while injured?

A: That will be determined by the Athletic Trainer. **Sometimes, yes.** We often create modified plans so athletes can stay involved safely while on the road to full recovery.

Q: Who clears my athlete to return to play?

A: Once the athlete passes a return-to-play test and is symptom-free, the **athletic trainer clears them for full participation.**

No longer having pain IS NOT the only (or best) measurement for readiness. The Athletic Trainer will test their range of motion, strength, function, and confidence! All very important factors to determine readiness and safety of returning to sport.

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FAQ's about Health & Performance

Q: What should my athlete eat before practice or games?

A: Think **fuel, not snacks!**

- 2–3 hours before: a balanced meal (grilled chicken sandwich, rice bowl, fruit, water)
- 30–60 minutes before: a quick carb (banana, granola bar, PB&J)
- After: protein + carbs to recover (chocolate milk, greek yogurt, turkey wrap, fruit or protein smoothie)

Q: How much water should athletes drink?

A: Aim for half your body weight in ounces daily. (e.g., a 150-lb athlete → 75 oz/day).**

*Clear or light-yellow urine = good hydration! **This daily goal does not include what you are drinking during your practices/games... what you drink there is “extra” fluids that you need to remain hydrated during activity!*

Q: What if my athlete struggles with heat or cramping?

A: These are usually signs of poor hydration or low electrolytes.

Drink water all day, not just at practice, and add electrolytes (Powerade, Gatorade, LMNT, Liquid IV, etc) when you can but especially when it's hot.

Other Common Questions

Q: Can my athlete use the training room if they aren't hurt?

A: Absolutely! We encourage preventative care: Stretching, strengthening, recovery tools, or checking out early soreness before it becomes an injury.

Q: How will I know if my athlete got hurt at school?

A: All injuries are documented in FinalForms, and parents receive communication as needed.

Q: Do you handle concussions?

A: Yes. We manage the school's concussion testing and return-to-play protocol in collaboration with physicians per the OHSAA requirements.

Q: Who is your team doctor?

A: Our Team Orthopedic Physician is **Dr. Scott Albright, located at 275 N. Breiel Blvd.**

We can usually get athletes seen within 24–48 hours!

- Premier Orthopedics | Office less than a mile (~3minutes) from campus.
- Atrium Medical Center | Level III Trauma Center, ~5 miles (10minutes) from campus.

Have a different question? We'd love to help! Contact us: athletictraining@middletowncityschools.com