

What Happens When an Athlete Gets Injured?



Middletown Sports Medicine | Provided by Premier Health AMC



01

REPORT IT EARLY!

Tell your athletic trainer or coach **as soon as you're hurting**. Early reporting is the fastest way to get you back to your sport!

02

ON-SITE EVALUATION

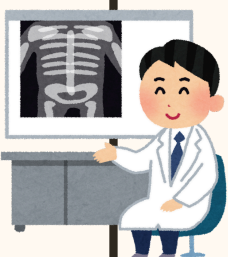
Your athletic trainer will **evaluate the injury and document** it in FinalForms so coaches and guardians stay informed.



03

REFERRAL (if needed)

If your injury needs **x-rays, advanced care, or further evaluation**, your athletic trainer will contact your parent and **schedule an appointment with our team orthopedic physician**, Dr. Scot Albright, at Premier Orthopedics on Breiel Blvd – usually within a day or two!



04

TREATMENT & REHAB

Most injuries can be managed right here at the high school. Your athletic trainer will start care, provide treatment, and guide you through rehab.



05

RETURN TO PLAY!

When you've completed your rehab and pass a return-to-play test administered by your athletic trainer, they will officially clear you for full participation.



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