

WEST GEAUGA HIGH SCHOOL SPORTS MEDICINE

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- Sam Adkins is a University Hospitals Athletic Trainer who is here at West Geauga High School full time to provide care for our Wolverine Athletes. She completed her Bachelors in Athletic Training at Valdosta State University and her Masters in Community Health Promotion at Cleveland State University.
- Sam's schedule:
 - School Days: M-F 12pm – End of practices/home games
 - Saturdays: Home Game Coverage
 - Breaks: Varies by season/Practice schedules
- Here are a few of the services that Sam provides to WGHS athletes:
 - Emergency Management
 - Injury Evaluation
 - Therapeutic Exercise
 - Soft Tissue Mobilization
 - Nutrition Assessments and Planning
 - Wound Care
- We have the ability to schedule with UH Sports Medicine and Orthopedic providers from the Training Room for injuries or illnesses that need further assessment. (Note: No cost is associated with care provided by the Athletic Trainer!)

For more information on Athletic Training and what Athletic Trainers do, please visit <https://www.nata.org/about/athletic-training>

GENERAL INJURY PROTOCOL

- Step 1. If medical emergency, dial 911. (Coaches are provided with Emergency Action Plan at the beginning of each season)
- Step 2. If not an emergency, coach must notify Athletic Trainer via phone call at the time of the injury or upon completion of an away game.
- Step 3: Student must follow up with the Athletic Trainer prior to return to play.
- Step 4: If other medical care was attained, a signed medical release form from the doctor must be provided to the athletic trainer prior to return to play.
- Step 5: Final clearance from AT must be given to student athlete and coach in order for full return to play.

POST-SURGICAL INJURIES

Any student-athlete that undergoes surgery of an injury is welcome to supplement their Physical Therapy plan with Sam in the Training Room. (Up to 5 days per week)

Sam will maintain communication with parents, surgeons, and PTs through the duration of recovery.

Please provide a copy of the surgeon's Post-Operative Protocol and Physical Therapist's contact information

DOCTORS VISITS

(Please Note: Any injury assessed by a physician will require written clearance before returning to participation)

In the event that an injury requires a doctor's visit, or you would prefer to have your child's injury assessed by a doctor, Sam can schedule appointments with UH Sports Medicine and Orthopedic doctors from the Training Room! (She is also able to schedule visits for siblings and parents.) Sam will email the UH doctor prior to your child's visit with a run-down of her assessment. This also allows the doctor to provide clearance or treatment instructions via email.

If your child is seen outside UH Sports Medicine, please provide a note with any treatment instructions and clearance. (Emails from outside providers to Sam accepted at the provider's discretion.)

CONCUSSION CARE

University Hospitals and WGHS are providing baseline and post-injury ImpACT testing as part of concussion management. ImpACT is a neurocognitive testing platform that assesses an individual's memory, attention span, verbal and visual problem solving. Test results are interpreted by the MD/DO providing clearance. Baseline tests are valid for two years and conducted at the beginning of each sports season. ImpACT testing is required for collision sports, but available to all athletes upon request!

Concussion recovery is tailored to each athlete's presentation and symptoms. Sam will communicate directly with the injured athlete's MD/DO to coordinate necessary services. (Please note: Although not required, clearance from a Sports Medicine specialist is preferred due to expertise in concussion care.) Prior to returning to sport, completion of a supervised 5-Day Return-To-Play protocol and a baseline-level post-injury ImpACT test are required. Both of these are completed with Sam in the Training Room

