

# Libertyville High School

## *Sports Medicine Staff*

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## Parent/Athlete Handbook

This sports medicine information is designed to help explain to the parent and athlete the procedures used by the sports medicine staff following an athlete's injury or illness. We believe that competing in athletics is a worthwhile pursuit for a student. Athletics, besides being enjoyable, rewarding, and educational, presents many lifelong physical and mental benefits. Participation in athletics carries with it certain risks such as an occasional injury/illness. Our goal is to work with the athlete, parent, coach, doctor and other health care professionals to provide the necessary medical attention to the athlete. Our injury management procedures include prevention, evaluation, treatment, rehabilitation and education to the relevant needs of the athlete following an injury. ***However, the injury evaluation and treatment your child will receive is not intended, under any circumstances, to be considered a replacement for a doctor's care. To prevent possible complications, or if the injury worsens, the parent may want to contact a doctor or go immediately to an emergency room.***

### **Emergency Treatment Permission**

The Athletic Participation Card gives consent and permission for a doctor, athletic trainer and coaches to use their judgment in securing immediate first aid and/or ambulance transportation. In case of an emergency an immediate attempt will be made to contact a parent/guardian. If this is not possible, the alternative name on the athlete's emergency participation card will be used. If no contact is available, a coach or school representative will accompany the athlete to the hospital.

### **Athlete's Responsibility**

The athlete is responsible to report to the coach not only injuries that happen with practice or games but also **any** injury, illness or medical condition which may affect their ability to participate safely in the sport. Every day the athlete should tell the coach **before** they come to the training room. The athlete is not to self-treat in the training room or use any athletic training equipment or supplies unless given permission by an athletic trainer. The athlete needs to follow the treatment plan and rehabilitation exercises given. It is very important that the athlete gives all notes written by the athletic trainer to the coach and parent.

**Dress:** The athletic training room is a coed facility and athletes will be appropriately dressed. (T-shirt and shorts). Spikes, cleats, bags and other athletic equipment need to stay in the locker room or outside the training room.

**Conduct:** All athletes are expected to demonstrate proper behavior and appropriate conduct in the training room. Athletes are encouraged to use the facility only when injury care is necessary. All school rules apply in the training room.

**EVERY athlete needs to bring and use their OWN water bottle.**

### **Procedures for an Injured or Ill Athlete**

Decisions regarding the availability of an injured or ill athlete for practice or games require the cooperative efforts of the athlete, coach, athletic trainer, parent, and doctor. Injury decisions will always be based on medical judgement, with the outcome being what is in the best interest of the athlete's health. The following procedures will be used:

1. **If an athlete is under the care of a doctor, or if a doctor is present**, the doctor will determine the status of the athlete for practice or the event.
2. **If the athlete is not under a doctor's care**, the athletic trainer will provide the primary care for the injured athlete. The athletic trainer will determine the athlete's availability for practices or events. The athlete's status following an injury will be reported to the coach of that sport level. If the athletic trainer's decision is a "no-play" decision, under **no** circumstances will the coach allow the athlete to practice or play in an event. In order to change a "no-play" decision, the athletic trainer needs to further evaluate the injury or a doctor makes a diagnosis and provides a **written** prescription directly to the athletic trainer of the athlete's status to return to the sport. An athlete **cannot** remit him/herself back to practice or playing without written approval by the athletic trainer. Should the athlete or coach desire to disregard a "no-play" decision of the athletic trainer, the athletic director will be notified.
3. If the injury condition worsens or a re-injury occurs the parent will be notified and may need to consult with a doctor. Another diagnosis and written prescription will be required on file in the training room before the athlete will be allowed to participate in practice or a contest.

### **Medical Referrals and Injury Follow-up Care**

Following the injury evaluation by the athletic trainer there may be a need for a doctor's referral. If, in the opinion of the athletic trainer, a doctor is needed a parent or guardian will be notified. The final decision to see a physician rests with the parent or guardian. If the decision is to seek a doctor, a prescription, with the athlete's injury diagnosis and treatment is required on file in the athletic training room. If the parent or guardian disregards the athletic trainer's suggestion to see a doctor, the athlete will not participate until a written note from the parent is on file in the athletic training room and the athlete is medically reviewed by the athletic trainer.

If in the event an injured athlete seeks the advice of a doctor or admits oneself to the emergency room without prior knowledge of the coach or athletic trainer, it is responsibility of the athlete to have on file in the athletic training room the doctor's diagnosis, treatment and follow-up care. If the athlete gives the prescription to a coach it is the coach's responsibility to give any prescriptions directly to the athletic trainer for the athlete's file.

When the doctor prescribes follow-up treatments the athletic trainers can assist with this injury management. If the doctor prescribes a physical therapy clinic, the athlete needs to bring the exercises to the training room. The athlete can perform the exercises in the training room. In order for the athlete to return to practice or games, a doctor's prescription will be needed. Only the doctor can return the athlete back to their sport. This long-term care is the responsibility of the athlete's family.

### **Rehabilitation Equipment in the Athletic Training Room**

The athletic training room has equipment for the athlete's rehabilitation needs. This equipment will be available to the athletes only with an athletic trainer's supervision. Unless specifically approved by the athletic trainer, an athlete must never be allowed by a coach to do treatment or utilize any equipment unsupervised.

### **Taping and Bracing for an Injury or Prevention of Injury**

Decisions regarding taping of any injury or preventative necessity will be based on medical decisions by the athletic trainer. The athlete's medical history along with therapy and rehabilitation with the athletic trainer will also be used. Even though taping is recommended or prescribed, taping will only be done if the athlete is directly under the supervision of an LHS athletic trainer for the injury

Only a certified athletic trainer will tape the athlete. No other individual will tape. For **away contests**, coaches are to request the host certified athletic trainer to evaluate the injury or condition and see if taping is appropriate. The host certified athletic trainer will decide the extent of the injury or condition and decide if any taping is necessary.

Issuing special protective athletic equipment will be based on the recommendation or advice of the athletic trainer or upon written request of a physician. Equipment needs to be returned to the athletic trainer following their use or at the end of the season. The athlete using the equipment is responsible for its return to the athletic trainer. If the equipment is not returned, the athlete will be charged for the replacement of the equipment or supply.

### **Athletic Training Room Hours**

The athletic training room is open for the athlete's injury evaluation and therapy after school. A copy of the athletic training room hours will be given to each coach. Generally, an athletic trainer will be working before practice beginning at 2:30pm-6:00pm. or at an event. At this time there are no regularly scheduled athletic training room hours during school. During the school day, all athletes need to report all injuries, including injuries during physical education class, to the teacher. All injuries sustained during the day will be reported to and managed by the school nurse. When necessary, the nurse will refer the athlete to the athletic trainer for assistance. If the athlete is unable to fully participate in physical education class, he/she will not be able to participate in practice or competition on an athletic team unless specified in writing by a physician or the athletic trainer. Any medical emergency can be immediately referred to the athletic trainer for assistance.

## **INSTRUCTION for HOME INJURY TREATMENT**

First 24-72 hours:

### **R**est – **I**ce – **C**ompression – **E**levation

REST the injured area so healing can begin

ICE- ice packs for 15-25 minutes every 1 ½ - 2 hours

COMPRESSION – elastic wrap or splint if necessary

ELEVATION- for the reduction of swelling

**PURPOSE:** To control swelling and inflammation, relieve pain, lesson muscle spasm and aid in healing

\*Ice treatments should be applied in 25-30 minute intervals with 1 ½ - 2 hours in between.

**DO NOT USE ICE WHEN (CONTRAINDICATIONS)**

Numbness or loss of sensation to area before ice treatment

Circulation disturbances or hypersensitivity to cold

If skin turns like an orange peel

\*Do not wind elastic wrap to area too tight. Remove elastic wrap at night if extremity feels tight, cold or if wakes you

\*For a lower body injury, elevation at night can be accomplished by placing a firm object (wood, small dresser drawer, couch cushion, etc) under the mattress at the foot of the bed. This will assist with proper elevation throughout the night.

\*No weight-bearing during the rest period is crucial to the healing process. Encourage your son or daughter to stay off the injury and rest as much as possible.

\*NEVER apply heat or Ben Gay, hot soaks, warm whirlpool, Jacuzzi, etc to an immediate / acute, first time injury. This procedure will interfere with the healing process and may cause more swelling. It may feel good, but it may only lengthen the recovery process.

**\*The athletic trainer will keep you informed of your son/daughter's injury progress.**

**The athlete is to see the athletic trainer daily until they return fully to their sport.**

**\*Proper home treatment of athletic injuries is vital in the healing of the injury. Therapy will be performed daily in the athletic training room, however, valuable hours at night and weekends would be lost in the healing process without your cooperation.**

**\*If at any time you wish to discuss your son/daughter's injury status with the athletic trainer, please contact us in the athletic training room or at an event. Training Room Office phone is 847-327-7081.**

**Thank you for your cooperation and support and our staff wishes you and your child the most successful and healthy career at LHS!**