



## East High School Sports Medicine Dept. Parent/Guardian Information 2018-19

### Sports Medicine Staff

#### **Head Athletic Trainer**

- ❖ Jenny Zehner ATC, ITAT
  - Received a Bachelor of Science in Athletic Training from Ithaca College and Master of Science in Sports Medicine at the University of Utah
  - **Tel:** (508)-904-7918
  - **Email:** [jenny.zehner@utah.edu](mailto:jenny.zehner@utah.edu)

#### **Athletic Training Students**

- ❖ Students from the University of Utah ATP

#### **Overseeing Physicians**

- ❖ Dr. Mark Scholl, MD
  - Endurance Orthopedics & Sports Medicine
- ❖ Dr. Andrea Matich (Football Physician)
  - CORE: Center for Orthopedics and Rehab Excellence

### Role of Sports Medicine at East High

- ❖ **What is an Athletic Trainer?**
  - We are experts in evaluating, treating, and rehabilitating musculoskeletal injuries. We also determine if a referral is warranted or not.
  - First responders: certified in recognizing emergency situations and properly responding.
- ❖ **Where to find the Sports Medicine Staff?**
  - Available to the teams/athletes every day after school in the Athletic Training Room *OR* at a practice/game.
  - ATR locations:
    - In EHS: SE corner of the ground floor, next to the weight room
    - Football Field: NE corner of the locker room facilities

## Communication

- ❖ As health care providers we will contact you when your athlete is injured
  - PLEASE UPDATE REGISTER MY ATHLETE!!
- ❖ Weekly updates will be provided as needed.
  - As needed = if the athlete is non-compliant and/or there is a change in physical status
- ❖ Communication can be lost between us, you, and the athlete. Please if you have any questions or concerns call the Head Athletic Trainer, Jenny Zehner, for clarification! NOT THE ATHLETIC DIRECTOR!!!

## Referral Process

- ❖ If **we** refer:
  - We are employed by Salt Lake Regional
  - This helps streamline the process of getting an athlete seen by a physician if we feel it is necessary.
  - This also improves communication with Salt Lake Regional doctors.
  - We can help find other providers *In-Network* with **your** insurance
- ❖ If **you** see a doctor without a referral from us:
  - Bring a doctor's note from the doctor to the Sports Medicine Dept.!
  - If a doctor's note is not provided, athlete will **NOT** be cleared to participate by the Sports Medicine Department.
    - Annual check-ups not included

## East High School Protocols

- ❖ All on-site protocols are available upon request. They follow the UHSAA state mandated protocols
  - Emergency Action Plans, Heat, Lightning, Blood Borne Pathogen, etc.
  - Concussion
    - A Concussion, or mild traumatic brain injury (mTBI), has been defined as “a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces.” Although concussions most commonly occur after a direct blow to the head, it can occur after a blow elsewhere that is transmitted to the head.
    - We are **certified and licensed** to diagnose and clear a concussion in the state of Utah.
    - We follow the UHSAA concussion protocol for return-to-play and return-to-learn.
      - <https://www.uhsaa.org/SportsMed/ConcussionManagementPlan.pdf>