

# Seton Sports Medicine



**Informational Packet Spring 2019**

Services Provided by:  **TriHealth**

## Seton Sports Medicine Staff

- **Rachel Jenkins, MS, AT/ATC, Head Athletic Trainer**
  - Certified Athletic Trainer, she is Nationally Certified and State Licensed
  - Rachel's services are provided by TriHealth
- **Madison Krumpelman, ATS, Athletic Training Student**
  - Athletic Training Student from Thomas More University
- **Robert Altenau, MD, Team Physician**
  - Board-Certified Family Practitioner and a Fellowship-Trained Sports and Orthopedic Physician
  - Medical Degree: College of Medicine, University of Cincinnati
- **Kevin E. Reilly, MD**
  - Board-Certified Orthopedic Surgeon
  - Medical Degree: College of Medicine, University of Cincinnati
- **Amanda Chaney, DO**
  - Board-Certified Family Practitioner and a Fellowship-Trained Sports and Orthopedic Physician
  - Medical Degree: Philadelphia College of Osteopathic Medicine

## What is an Athletic Trainer?

- Athletic Trainers are health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.
- Athletic Trainers are here to return your daughter to the sports she loves as quickly and safely as possible.
- Athletic Trainers are the liaison between athlete, parent, coach, doctor etc. They will speak up when the girls can't or won't speak up for themselves.

## Contact Information

- Rachel's Cell Phone - 513-502-3476
- Rachel's email address - [jenkinsr@setoncincinnati.org](mailto:jenkinsr@setoncincinnati.org)
- Dr. Altenau's Office
  - Rudimiller Family Practice  
6350 Glenway Avenue Suite 205  
Cincinnati, OH 45211  
513-481-0900 \*\*Mention your daughter is a Seton athlete while scheduling\*\*

- Dr. Reilly's Office
  - TriHealth Orthopedic & Sports Institute, Western Ridge  
6909 Good Samaritan Drive, Suite A  
Cincinnati, OH 45247  
513-346-1600
  
- Dr. Chaney's Office
  - Group Health Clifton  
379 Dixmyth Avenue  
Cincinnati, OH 45220  
513-246-7000 \*\*Rachel can contact Dr. Chaney directly for appointments\*\*

## **Athletic Training Room Hours**

- School days, the Athletic Training Room opens at 2:30pm
- The closing time depends on events for that day
- Hours for specific days are noted on a board outside of the Athletic Training Room on a weekly basis.
- Dr. Altenau sees athletes in the Athletic Training Room, every other Wednesday at 3pm. Parents are more than welcome, but it is not necessary for them to be there. There is no charge for this service.

## **Event Coverage**

- Home lacrosse and softball games are covered. If lacrosse and softball have a game at the same time, Rachel will be at lacrosse and on-call for softball because lacrosse is a higher risk.
- All coaches are First Aid and CPR certified and have Rachel's number in case of an injury.
- Softball and Lacrosse Coaches now have a portable AED with them at all times. Track has access to the PAC's AED. We have also placed an AED in the weight room to increase accessibility at the school during athletic activity.

## **What to do if Your Daughter is Injured**

- If it is a true medical emergency call 911
- **Call Rachel!!**
  - In Season or Out of Season Athlete
  - Avoid unnecessary trips to the ER
  - Do the correct things in the beginning to ensure a speedy recovery
- RICE - Rest, Ice, Compression, Elevation
- Dr. Altenau and Dr. Reilly give priority to Seton Athletes

## Final Forms

Final Forms is an Electronic Medical Records program that Seton uses to organize the forms required for your daughter to participate in athletics. Each athlete will be required to create an account and both parent and athlete will electronically sign each form, each year. After the forms are completed, you will only need to update your information as things change during her time at Seton (address, phone numbers, medical information). The only paper form your daughter is required to turn in to the AT each is her pre-participation physical. Final Forms allows coach and the athletic trainer to quickly access medical information in the event of an emergency. Our coaches, AT, and athletic directors can also communicate to athletes and parents via Final Forms. Any time your daughter experiences an injury the AT is able to fill out a medical report. This report is sent to the parents as well as the coaches to ensure everyone is on the same page.

## Rehabilitation

When possible, we try to keep all rehabilitation at Seton. There are special scenarios when rehabilitation will have to be done at a Physical Therapy clinic. This is done for multiple reasons. The first is communication. It is easier for the AT to communicate with parents, coaches and doctors if the athlete is seeing her for rehab. The second is to make it a bit easier on the athletes and their parents. If therapy is at Seton, a parent does not have to find a driver or schedule a time around the family's busy schedule. The third is to save Seton families money. Healthcare can be expensive, so the AT tries to help out when she can. Anyone seeing the AT for rehab will be given a home exercise program. Please encourage your daughter to do these exercises as well as ice when an injury occurs. Home exercise programs will be posted to your daughter's Final Forms account.

## Medical Clearance/Doctors Notes

You are always welcome to see any physician you prefer as well as go to physical therapy anywhere you prefer. When you do, **the AT asks that a doctor's note or physical therapy note be turned into the AT.** This helps with communication. Doctor's visits, as well as physical therapy visits, are often a whirlwind. These notes help the AT and your coaches understand the diagnosis and plan. This is especially important if the athlete is being cleared to participate after an injury. All notes are put in your daughters file and patient confidentiality is enforced.

**A note must be returned to Rachel after any visit to a physician, physical therapist, chiropractor or other medical provider before being allowed to participate that same day. No athlete shall return to participation, even when cleared by a physician, without written notice being turned into Rachel or cleared by the Seton Sports Medicine Staff. Seton Sports Medicine Staff reserves the right, even upon clearance by a physician, to hold the athlete from competition if it is felt that it is in the best interest of the athlete. No exceptions will be made.**

# Pre-Participation Sports Physicals

The OHSAA requires a pre-participation physical is on file with Seton prior to an athlete trying out. Physicals are good for one calendar year, unless they are completed in May, then they are good for the entire following school year.

## Concussions

The state of Ohio has a law forbidding any athlete that exhibits signs or symptoms of a concussion from returning to play for 24 hours. After 24 hours the athlete needs to be evaluated by a M.D. or D.O. or other Healthcare Professional (Athletic Trainer) approved by Seton to be cleared for participation. At that time, if it is found your daughter has a concussion, there is a protocol that must be followed to return to play. The protocol is at minimum 4 days long, and can only start once your daughter is symptom free. **If you feel your daughter has suffered a brain injury, please call me immediately.**

If a referee pulls your daughter from a game, there is nothing you or the AT can do to allow her to be reentered. Signs and symptoms of a concussion as well as other information about the law can be found on the State of Ohio Concussion Information Form that you had to sign on Final Forms prior to tryouts. The information is also on Seton's Athletic Webpage.

TriHealth provides ImPact testing for Seton High School. This computer based test, which feels similar to a video game, tests memory, reaction time and concentration. The first season your daughter plays a sport she will have a baseline test. If your daughter suffers what we think is a concussion she will be retested and her scores will be used in collaboration with balance testing and symptoms reported to clear her to return to play. You can find more information on ImPact testing on Final Forms with the Consent form.

## Communicable Diseases

Please see the Seton Website under Student Health for Seton's Communicable Disease Policy. Your daughter must stay home from practice if she is not at school due to illness. There are some communicable diseases (mononucleosis, skin lesions) that will require a doctor's note for her to return to play. She will be held out of practice/competition until that is received.

Prevention of spreading diseases:

- Do not share water bottles, razors, towels, soap or deodorant
- Keep all open wounds covered when participating in her sport
- Keep your daughter home if she is contagious

# Lightning and Inclement Weather Policies

It is an Ohio High School Athletic Association rule that games/practices must be suspended when lightning is seen or thunder is heard. Thirty minutes after the last sign of lightning or thunder the game or practice may resume. It is important if a game be suspended due to inclement weather that you are safe as well as your daughter. Please seek shelter in cars or under pavilions until it is deemed safe. When you stand in the storm, it is both setting a bad example as well as putting our staff at risk.

## Diet & Nutrition

Most athletes at Seton do not eat or drink enough. If they do it is mostly high calorie, high sugar and low nutrient foods. Please encourage your daughter to eat a well-balanced diet full of all the food groups, especially protein and calcium. Please discourage your daughter from fad diets or diets that exclude an entire food group. All nutrients are beneficial for an athlete's performance. If you suspect that your daughter may need help identifying a healthy balanced diet please feel free to contact me.

Athletes are encouraged to bring a water bottle to take with them to classes throughout the day to aid in staying hydrated. An athlete that weighs 150 lbs. and exercises for 2 hours a day should drink approximately 150 ounces of water or 12.5 12 oz. water bottles. If your daughter needs help with calculating how much she should drink, please have her get in touch with me.

## E-Cigarettes/Vaping/Juuling

E-cigarettes are designed to deliver nicotine without the other chemicals produced by burning tobacco leaves. Puffing on the mouthpiece of the cartridge activates a battery-powered inhalation device (called a vaporizer). The vaporizer heats the liquid inside the cartridge which contains nicotine, flavors, and other chemicals. The heated liquid turns into an aerosol (vapor) which the user inhales—referred to as “vaping.” A JUUL is a type of e-cigarette.

- Testing of some e-cigarette products found the aerosol (vapor) to contain known cancer-causing and toxic chemicals, and particles from the vaporizing mechanism that may be harmful. The health effects of repeated exposure to these chemicals are not yet clear.
- Some research suggests that e-cigarette use may serve as a “gateway” or introductory product for youth to try other tobacco products, including regular cigarettes.
- E-cigarettes are the most commonly-used tobacco product among teens. **In 2018, over 20% of high school students reported having used e-cigarettes in the last 30 days**
- The use of any tobacco product - including e-cigarettes - is *unsafe* for young people
- Almost all forms of the product contain nicotine
- Nicotine is highly addictive and can *harm brain development*, which continues until about age 25

- E-cigarettes emit secondhand smoke
- It is illegal to sell e-cigarettes, hookah tobacco, or cigars in person or online to anyone under age 18.

## It is a scientific fact that alcohol has a negative effect on sports performance:

**According to University of Georgia Health Department:**

*Alcohol has acute effects on motor skills, strength and power, and aerobic performance.*

<p>Alcohol and <b>motor skills</b></p>	<p><b>Low amounts of alcohol (0.02-0.05g/dL) result in:</b></p> <ul style="list-style-type: none"> <li>decreased hand tremors</li> <li>slowed reaction time</li> <li>decreased hand-eye coordination</li> </ul> <p><b>Moderate amounts of alcohol (0.06-0.10 g/dL) result in:</b></p> <ul style="list-style-type: none"> <li>further slowed reaction time</li> <li>decreased hand-eye coordination</li> <li>decreased accuracy and balance</li> <li>impaired tracking, visual search, recognition and response skills</li> </ul>
<p>Alcohol and <b>strength, power, and short-term performances</b></p>	<p><b>Alcohol will not improve muscular work capacity and results in:</b></p> <ul style="list-style-type: none"> <li>a decrease in overall performance levels</li> <li>slowed running and cycling times</li> <li>weakening of the pumping force of the heart</li> <li>impaired temperature regulation during exercise</li> <li>decreased grip strength, decreased jump height, and increased 200- and 400-meter run time</li> <li>faster fatigue during high-intensity exercise</li> </ul>
<p>Alcohol and <b>aerobic performance</b></p>	<p><b>Adequate hydration is crucial to optimal aerobic performance. The diuretic property of alcohol can result in:</b></p> <ul style="list-style-type: none"> <li>dehydration and significantly reduced aerobic performance</li> <li>impaired 800- and 1500-meter run times</li> <li>increased health risks during prolonged exercise in hot environments</li> </ul>

**Our athletes put too much time and effort into their sport to ruin it by consuming alcohol.**