

When should the athlete visit a physician?

If any of the following signs or symptoms are present, a prompt visit to a physician is indicated:

- Rapid swelling
- Severe pain
- Numbness or tingling
- Inability to move the injured area
- Deformity
- Injury is present for 1 week or more with no improvement
- Signs of head injury (i.e.—headache, loss of memory, dizziness, etc.)

If you are unsure of what action to take, feel free to call the Athletic Training room or Steve, Joe or Nicole on their cell (located in the back directory). We are concerned about our athletes, and if you have any questions, please contact one of our Athletic Trainers.



The following is our staff/consultant directory provided for your reference:

Athletic Trainers:

Steve Pritchard MS, AT
Office: (440) 572-7106
Cell: (440) 263-5727

Joe Kopacz AT, CSCS
SWGHC Sports Medicine 816-8010
Cell: (216) 310-5023

Katie Vasich, AT
Cell: (440) 864-7066

Team Physicians:

Brian Zelis, MD
Office: (440) 238-7676

Rob Coale, MD
Office: (440) 816-5380

Aaron Wolkoff, DO
Office: 330-558-0070

Dental Consultant:

Richard Weiser, DDS
Office: (440) 238-1555

Podiatry Consultant:

Greg Wiemken DPM
(440) 238-1560

Neurology Consultant:

Chris Bailey, PhD
Philip Fastenau, PhD
University Hospitals
(216) 844-3422

Clinic Consultants:

SWGHC Sports Medicine
Office: (440) 816-8008

STRONGSVILLE HIGH SCHOOL Mustangs

Athletic Training Department

“...for effective injury management
in High School sports”



Southwest General
Sports Medicine

Strongsville High School Athletic Training & SWGHC Sports Medicine Department

Welcome to Strongsville High School Athletics. We would like to take this opportunity to introduce you and your family to the Athletic Training Services available to all SHS student athletes at the High School. We hope that this pamphlet serves as a tool to help make interscholastic sports a safer and more enjoyable experience here at Strongsville High School.

The Athletic Training Department is staffed with three Ohio Licensed Athletic Trainers;

Steve Pritchard, Joe Kopacz and Nicole Surman; all certified (AT) from the National Athletic Trainers Association (NATA). All three Athletic Trainers are contracted through Southwest General Health Center Sports Medicine Department. Joe coordinates the Strength & Conditioning programs and assists with medical coverage.

What is an Athletic

Trainer?

- Athletic Trainer is a college-degree allied health professional with specialized skills in sports medicine.
- Athletic Trainer strives to prevent or reduce the severity of sports injuries, administer proper care to injured athletes, and to supervise rehabilitation to minimize the risk of re-injury and maximize athletic performance.



Instituting effective injury management in our sports program is the top priority of this service. The Athletic Training Program is under the direction of Team Physicians: **Brian Zelis, MD;** **Rob Coale, MD;** **Aaron Wolkoff, DO.**

The following services are available to all SHS student athletes:

- Injury evaluation, management, and rehabilitation
- Preventive and supportive taping
- Modalities used for treatment of injuries:

Whirlpools (hot & cold)

Hot hydrocollator packs

Ice bags & ice cup massage

Ultrasound

Muscle stimulation or T.E.N.S

When an SHS athlete is injured, they will be evaluated and recorded as a treatable or a referral injury.

- Treatable injury is a minor injury that can be cared for by the Athletic Trainer, under the direction of the Team Physician
- Referral injury is a moderate to severe injury that need further evaluation and treatment by a physician.

The injured athlete, when seen by the Athletic Trainer, will be given take-home instructions for care of the injured area. If the injury is severe, the athletic trainer will inform the parents.

The area injured will be protected possibly by splints, crutches, etc. If these items are used, we ask that they be returned as soon as possible.

If the athlete is referred to a physician...you may use any physician of your choice, or you may use the physician recommended by the Athletic Trainer or team physician.

When the athlete is seen by a physician, they must get a written release to return to athletics, and/or a written rehabilitation and treatment program to follow.

This is for the athletes' protection and helps avoid any confusion on the physician's advice.

When an injury goes undetected...

If the athlete is home and discovers an injury, we ask that the athlete inform the head coach and Athletic Trainers as soon as possible and apply the following:

P.R.I.C.E injury care program

1. **Protect the injury from further harm—use crutches if needed**
2. **Rest—avoid activity that would involve using the injured area**
3. **Ice the area using ice cubes/crushed in a bag—application time is approximately 15-20 minutes**
4. **Compression, applied with an ace bandage, will assist in reducing swelling**
5. **Elevation of the area above the heart**

