

Feel free to call or text between 9am-9pm. You may contact us anytime by email. Every high school coach has our contact info, too!

Location:

The outdoor athletic complex training room is between the locker rooms right next to the track/football field. The high school athletic training room is located next to the weight room, close to the pool entrance.

The training rooms are open from 2:30pm to the end of practices/games. Student athletes may NOT miss class to come to the athletic training room unless you have prior permission.

Who we are:

We are Licensed Sports Medicine Health Care Professionals. We are considered experts in sports injuries with many years of experience. We are trained to care for injuries from head to toe.

What we do:

Our main objective is to keep athletes safely on the field. We use a variety of resources to treat and rehabilitate injuries. We are typically the first to respond to injuries on the field. We also:

- Provide injury/illness prevention and wellness protection. Taping, wrapping, stretching, etc.
- Educate athletes, coaches, and parents to promote a healthy sports experience.
- Promote good nutrition practices including giving advice about gaining and losing weight in a healthy way.
- Evaluate/Diagnose injuries by reviewing signs, symptoms and predisposing factors of the athlete's condition to determine course of action.
- Plan for and respond to emergency health related conditions.
- Coordinate care with physicians and other health care professionals
- Use therapeutic treatment and rehabilitative exercises to aid recovery and restore function.
- Help determine when it's safe to return to play

Injury Policies:

It is Jenison Athletics' Policy that any athlete who sustains an injury or illness during their season, must have a doctor's note to return to participation.

- Concussions

- Any Jenison athlete who sustains a concussion during their season must complete the Return to Play (RTP) protocol with the Athletic Trainers
- The MHSAA RTP form must be signed by an MD, DO, NP or PA.
CHIROPRACTORS OR PTs CANNOT CLEAR AN ATHLETE FROM A CONCUSSION.

Frequently asked questions:

Q: What is an athletic trainer?

A: Certified athletic trainers are licensed health professionals that specialize in preventing, evaluating, treating, and rehabilitating injured athletes. In the high school setting, athletic trainers develop conditioning/stretching programs, perform skilled injury evaluation, treat acute/chronic injuries, and prepare athletes for practice and competition. A huge part of an athletic trainer's job is educating athletes, parents, coaches, and communities on health-related subjects. Athletic trainers also provide a vital communication link between injured athlete, parents, physicians, and coaches to determine when it's right to return to play.

Q: What happens when an injury occurs?

A: Athletes should report all injuries to the athletic trainer as soon as possible. The athletic trainer will assess the injury, provide any necessary treatment, and make referrals as needed. When athletes wait to report an injury, they are risking a chance it may get worse because 1. they may be treating it wrong/not at all or 2. minor damaged tissue can become major damaged tissue with continued play. The quicker an athlete gets proper treatment for their injury, the quicker they will feel better and be able to perform their sport to the best of their ability.

Q: How do I care for acute injuries? Do I use ice or heat?

A: The simplest way to remember how to treat acute injuries is by the acronym R.I.C.E.

R- Rest. The injury needs time to heal. Resting the body part with minimal activity allows the body to rebuild itself. Make sure the athlete gets plenty of sleep and utilize additional equipment (crutches, braces/splints, sling, etc.) if applicable.

I- Ice. Initially, it's best to ice the injury to reduce soreness and swelling. Ice 15-20 minutes maximum. Always wait at least 45 minutes to an hour before icing again. Let the skin completely recover to prevent skin damage. Leaving ice on longer does not make the injury heal quicker, it actually has a counter-affect and can cause cell damage. If the athlete has a sensitivity to ice, he/she can put a cloth under the ice or use a cool bath instead. Icing 3-4 times a day for the first 48-72 hours is generally

recommended. **Do not use heat unless it's a muscular injury and it has been at least 72 hours since the injury occurred, and the swelling/bruising has subsided.** Products like IcyHot are topical pain relievers (skin deep). They should not replace ice/heat.

C- Compression. Wrapping an injury and keeping it compressed helps keep swelling and bruising down. Athletes can use an ace wrap or compression sleeve (available at any pharmacy or sporting goods store, i.e. Walgreens, Rite Aid, MC Sports). Do not wear the compression wrap while sleeping because of slower circulation. Make sure the wrap is snug, but not too tight.

E- Elevation. Keeping the injured limb above heart level will also reduce swelling. Gravity tends to pull swelling and bruising to the body's lowest point. By elevating the injury, gravity will work along with circulation to keep the swelling minimal. In the case of a lower leg injury, putting an old sweatshirt or blanket under the end of the mattress at night will elevate it enough above the heart without disturbing sleep.

Q: What about taking Ibuprofen?

A: Ibuprofen is an anti-inflammatory and can help reduce pain and swelling. If the athlete is not allergic, ibuprofen can be given (please consult a physician if there are further questions). **Always** follow the labeled directions