

Plum Sports Medicine

Athletic Director

Mr. Robert Alpino

Assistant Athletic Director

Mr. Jeff Wolfe

Team Physician

Dr. Robert Crossey

Staff Certified Athletic Trainers:

Mr. Ryan Kesterholt ATC, NASM-PES, NASM-CES
Ms. Lauren Bence ATC
Mr. Matthew Gatesman, MPT, ATC
Mr. Angelo Tardio PT, ATC
Mr. John Bonaroti, PT, ATC

Contact:

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School Nurse

Mrs. Barbara Manganello

Orthopedic Consultants:

David P. Fowler, MD
Michael J. Rogal, MD

Physical Therapy Consultants:

East Suburban Sports Medicine(www.essmc.com)

GOALS

The goal of the Sports Medicine Team is to provide the best health care possible to all student-athletes of the Plum Borough School District. This is done through the collective efforts of the staff of Certified Athletic Trainers, team physicians, coaches and associated medical specialists.

SERVICES PROVIDED

East Suburban Sports Medicine has been providing services to Plum Borough High School since 1984. On-site coverage is provided during practice and game competition for the prevention and management of athletic injuries. Pre-season screening examinations and body fat assessments are performed for injury prevention and developing fitness/conditioning programs. Our staff works continuously with coaches, administrators, and parents to ensure proper principles of exercise, practice, and competitive skills appropriate for the athletes' maturity and skill level to facilitate success with minimal risk. We also administer Impact concussion testing to all athletes involved in contact sports.

STUDENT ATHLETIC TRAINER AIDES (SATA)

If a student would like to be a part of Plum Borough Sports Medicine they should see Ryan Kesterholt ATC for more information about becoming a Student Athletic Trainer Aide. This after school activity would entail being at every practice and attending all of the games that the SATA is scheduled to cover. Schedules will be done before the season.

REPORTING OF INJURIES

All injuries that occur during athletic practice or competition should be reported to the Head Coach of that sport and then to the staff Certified Athletic Trainer. This needs to be done as soon as possible so that the athletic training staff may determine the extent of the injury, make appropriate appointments to allow the athlete to return to pre-injury status in the shortest amount of time without sacrificing the safety of the student athlete. If the injury occurs before a season starts, please make sure the athletic training staff has a **medical release from a licensed physician** before tryouts/participation begins.

PRE-PARTICIPATION PHYSICALS

All athletes trying out for a sport are required to have a Pre Participation Physical before the start of the first practice... This is required by the PIAA and the WPIAL. The physical must be completed June 1st or later and is valid for the entire school year for fall, winter and spring seasons. There is a required form (CIPPE) from provided by the PIAA that must be completed for all athletic physicals. That form is available at

<http://www.pbsd.k12.pa.us/wp-content/uploads/2009/02/physicalform.pdf>.

Any student who participates in more than one sport will need to have their parent fill out a Parental Recertification form before the start of the next season. Those forms can be obtained from the Athletic Director or on the district's web site under the Athletic Physicals link on the PBSO athletic web page. If the student-athlete misses more than 25% of their previous athletic season they will need a complete new physical by a doctor before they will be cleared to participate.

If an athlete has an existing medical condition they will need clearance from a **licensed medical physician**.

REHABILITATION and TREATMENTS

If an athlete needs to complete a rehabilitation program it is necessary for them to report to the athletic training room at least 30 minutes before the start of their practice/game. At this time rehabilitation will be conducted and playing/practice status determined as well as any necessary taping procedures.

An athlete will NOT be taped unless they have been evaluated and are completing a Rehabilitation program for their current injury.

ATHLETIC TRAINING ROOM HOURS

The Athletic Training room opens Monday through Friday from 2:20 to whenever the last practice of that day is over. During holidays the athletic training room will be open 30 minutes prior to any scheduled practice or game.

RETURN TO PRACTICE/PLAY

If a student-athlete suffers an injury during a practice/game that requires evaluation by a **licensed physician**, the athletic training staff will need a signed release for the athlete to return to play. This note should include what the diagnosis was, what the physician wishes the treatment by the athletic training staff be, and status on the athlete returning to play. This is necessary for any visits to a licensed physician, including chiropractors, family physicians, orthopedists, etc. If a student-athlete is completing physical therapy, they should bring in a protocol of what the therapist would like the athletic training staff to do in conjunction with their treatment to help the athlete to return to play as fast as possible. The physical therapist may write a release to return the athlete to play if the licensed physician has left the return to play up to the physical therapist.