

Athletic Training Services: Hayward High School



Tamarack Health

Athletic Training Coverage

- Tamarack Health - Hayward Medical Center donates the cost of the Athletic Training Services at Hayward High School
- The Athletic Trainer works in collaboration with the HMC Orthopedic & Sports Medicine team

HMC Sports Medicine Team



Dr. Brian Donahue



Barb Bowman, PA-C



Rachel Montague, PA-C



Christian Oeltjen, ATC



Jennifer Sobotta, ATC



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Role of the Athletic Trainer

- Evaluate, manage, treat, and rehabilitate athletic injuries
- Administer and evaluate ImPACT concussion baseline testing
- Coordinate care as quickly as possible to be seen by a member of the HMC Orthopedic and Sports Medicine team or another care team of choice



What if a student athlete is injured?

- **Healthy Roster** – student athlete tracking program
- **Minor injuries** – managed by the ATC
- **Complicated/moderate injuries** – can schedule appointments directly with HMC Orthopedic Team
- **Usually same or next day appointments**
- **ATC will call or send a note home**
- **ATC is available by phone and email**



When does the ATC work?

- School days – 3:00 PM until after events/practices are done
- Coverage at all home games
- Sports with greatest risk for injury take priority (football staffed over volleyball)
- Occasionally other members of the HMC sports medicine team will provide sideline coverage if the ATC is unavailable



ImPACT Concussion Testing

- Computerized Neurocognitive test that is used to help manage a concussion and safely return an athlete to play after a concussion.
- Test measures symptoms, reaction time, memory, processing speed, etc.
- ImPACT does not diagnose a concussion



How does ImPACT work?

- **Baseline test given: typically during Freshman and Junior year, but we ensure a baseline has been collected within the last two years**
- **If a concussion is sustained:**
 - **Athlete completes a return to play process**
 - **ImPACT test repeated before full return to play**





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