

Sports Medicine Monthly

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WHO IS TAKING CARE OF OUR KIDS?

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For many of us, athletics are a part of our lives because sports and recreation directly involve our children. It is simply a fact of life: what affects our kids directly affects us. Soccer practice, 6th grade football, or cheerleading tryouts seem to somehow extend our days while also shortening them at the same time.

In the same step, when our work schedule is done for the day, many of us switch hats to become the chauffeur, the concession stand staff, and/or possibly the coach. We get involved because: 1) they are our children, and 2) we want them to have the best opportunity for success and maturity.

Therefore, as you look around at Friday night's



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game, plan for dinner while watching practice on Tuesday, or fill up the tank on your way to homecoming night, you may want to also consider the following question: Should a medical need arise, who is taking care of our kids?

Most of the time, injuries in sports are very unlikely to be severe or dangerous. Average injuries usually include ankle sprains, hamstring strains, or a few bumps and bruises that usually call for "Dr. Mom" and an ice bag. However, from a sports medicine standpoint, the next time you begin to head off to practice or a game think about who will be there as a health care professional should the need arise. For one, you begin to find out exactly what you have access to as a parent and two, you also may find an area of need that someone else may have not considered yet.

The Team Physician

The phrase "Team Physician" can represent a variety of physicians and their specialties. And, it is not uncommon to hear of professional, semi-pro, college, and even high school teams that have experienced orthopedic



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surgeons, general surgeons, general physicians, and even podiatrists and nutritionists serving as Team Physicians. These individuals are rightfully given this title because of their clinical expertise as well as their familiarity with how sports and medicine interact in the athlete. Moreover, many of these physicians also complete sports medicine fellowships and residency training programs during the course of their clinical education. Because sports and athletics place a strenuous demand on the body these physicians not only provide our athletes with a tremendous level of quality care that is specified to the athlete's individual needs, but they also specify treatments and



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rehabilitation guidelines that are specific to the needs of their sport as well. So, whether on a sideline or in the clinic, keep in mind that when your son or daughter needs to be examined for an athletic-related injury, always look for a physician who specializes in that area. Furthermore, be encouraged to ask for your school's team physician as well. Doing so can greatly improve overall patient outcome, enhance overall return to play, and quite possibly speed up your athlete's return to competition as well.



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The Certified Athletic Trainer (ATC)

Athletic Training is practiced by Certified Athletic Trainers, health care professionals who collaborate with physicians to optimize activity and participation of patients and clients of all ages.



Lauren Jackson, ATC

Athletic Training encompasses prevention, evaluation, and intervention of emergency, acute, and chronic medical conditions involving impairments, functional limitations, and disabilities.

Students who desire to become Certified Athletic Trainers must earn a Bachelor's Degree from an accredited athletic training education program, pass a national board certification exam, and obtain licensure or registration status to practice under the supervision of a physician.

Educational and Clinical Coursework:

- Anatomy and Physiology
- Biology, Chemistry, and Physics
- Statistics and Research Design
- Exercise Physiology
- Therapeutic Modalities
- Orthopedic Assessment
- Health Care Administration
- Kinesiology
- Biomechanics
- Nutrition
- Psychology
- Pharmacology
- Rehabilitation

Practicing Locations:

- Secondary Schools
- Colleges and Universities
- Professional Sports
- Industrial and Commercial
- Hospital and Sports Medicine Clinics
- Performing Arts
- Military

*For More Information, visit www.nata.org or contact your local Certified Athletic Trainer.



At Central States Orthopedic Specialists, we have the largest public and private high school outreach in the Tulsa area; servicing more than 16 school systems. Our physicians have more than 400 years of cumulative experience in orthopedics and sports medicine, and throughout the course of the school year our group provides more than one thousand annual pre-participation physical examinations. In addition, on any given Friday night in the fall, you can find our Physicians, Physician Assistants, and Certified Athletic Trainers on a sideline near you providing sports medicine coverage to students, coaches, and parents.



Waco Bassham, PA-C

From simple ankle sprains to the severity of a cervical spine injury or a concussion, our physicians and staff are on standby watching over hundreds of athletes every time there is a kickoff.

So, whether its ensuring safety prior to competition, or managing injuries once they occur in the field, in the high school championship or the game of life, we'll keep you at your best.

A Note to the Reader.....

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