

EASTERN HIGH SCHOOL ATHLETIC TRAINING

Kevin M. Brown, MEd, ATC

Athletes, Parents, and Family Members:

I would like to take this opportunity to introduce myself and to give you a little information about my experiences and role at Eastern High School.

My name is Kevin Brown. Many of you may have had experiences with other trainers but may not understand or know what our credentials are. "ATC" stands for Athletic Trainer Certified, which is a national certification through the National Athletic Trainers Association, an accredited allied health association. Upon graduation from college, all Athletic Trainer candidates sit for a national certification examination. The Kentucky State Board of Medical Licensure has also certified me. *I am not a personal or fitness trainer.*

In 2003, I graduated with a BS degree in Sports Medicine from Eastern Michigan University. Following a year working at Coastal Carolina University, I completed a Master of Education degree in Applied Kinesiology from the University of Minnesota in 2006. After two and a half years as a member of the Athletic Training Staff at the University of Louisville, I joined the staff of Kentucky Orthopedic Rehab Team (KORT) and was lucky enough to be assigned to Eastern High School.

My role at Eastern is to help manage and educate athletes, parents and staff about any injury that may occur. This includes evaluating any injury and giving recommendations as to how to manage the injury properly. It is my goal to have all Eastern athletes back in action as soon as it is safely possible. I work with a network of physicians and have the ability to have any athlete seen by the most appropriate physician, usually within 24 hours of initial injury. On the reverse, you will find the injury protocols I will be following this year, along with a few physicians that I would recommend. You are free to choose whatever physician you wish to see your son or daughter. The physicians that I am recommending, however, are doctors with whom I have established lines of communication. Communication between all health care providers is essential. Whichever physician you choose to see your student, please be aware that I need to be informed of this choice. Any time your son or daughter sees a physician it is essential that I be "kept in the loop" regarding the disposition of that injury, preferably with written instructions from the physician.

Any time your son or daughter sees a physician because of an injury, written clearance will be required for them to return to activity.

I hope that you will feel free to contact me any time you have any questions or concerns regarding an injury.

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EASTERN HIGH SCHOOL INJURY PROTOCOL

In the unfortunate event that your son or daughter gets injured during an athletic contest or practice, these are the procedures that should be followed.

After initial injury, please make contact with the Athletic Trainer as soon as possible. If I am not present when the injury occurs, do not assume that a coach will have reported it, please contact me yourself.

Upon evaluation by the athletic trainer it may be recommended that your athlete see a physician. These are the physicians that I recommend:

Dr. Ryan Krupp (502) 394-6341 Orthopedic Surgeon, Sports Medicine

Dr. Krupp is graduate of the University of Louisville Medical School and completed his orthopedic residency in Louisville. He has also completed a fellowship in Orthopedic Sports Medicine and Complex Shoulder Surgery with Dr. Richard Hawkins of the Steadman-Hawkins Clinic.

Dr. James Bosler (502) 587-0521 Internal Medicine

Dr. Bosler is graduate of Eastern High School and played football for Eastern and the University of Louisville prior to attending medical school. He is available to see Eastern student-athletes either in his downtown or Prospect clinics.

In some instances, I will recommend that your son see your family physician, however, as a general rule when the injury involves bones, joints or muscles I recommend a doctor with a background in sports medicine. Remember, any time your son or daughter sees a physician, it is important that I am kept apprised of the situation. I will follow doctor's orders to the letter.

Unless it is a true Emergency, try to avoid visits to the emergency room and/or Urgent Care Centers. Emergency room and Urgent Care physicians are not usually extensively trained in sports medicine and will often just refer your son to an orthopedic specialist. They should not be used as time saving substitutes for an office visit.

Any athlete who is removed from participation by a physician for any amount of time will require a written release from that physician in order to resume activities.

AT HOME INJURY CARE

The primary rule for at home injury care is R.I.C.E. This stands for:

REST – *try to avoid using the injured body part*

ICE – *use cold packs or bags of frozen vegetables in the injured area for 15-20 minutes every 2-3 hours*

COMPRESSION – *apply ACE wraps to the injured area, wrapping from the area farthest away from the heart to push the swelling toward the heart*

ELEVATION – *keep the injured body part above the level of your heart*

****DO NOT** use heat on an injury for the first 48 hours. Using heat too soon will cause an increase in inflammation, delaying your return to activity.**

KENTUCKY ORTHOPEDIC REHAB TEAM

KORT is the proud provider of both athletic training and physical therapy services for Eastern High School. If your son or daughter ever needs physical therapy service, we would be happy to take care of their needs. We will endeavor to get them back in the game as quickly and safely as possible. Should your physician recommend physical therapy, getting started with KORT is simple and easy.

KORT also offers free screenings for Eastern students, staff and their families and friends. Contact the Athletic Trainer for details.