

## Managing Injuries

As a part of the North Oaks Sports Medicine Program, we have Certified Athletic Trainers (AT) at most schools daily. If an athlete is injured at practice or during a game, the AT (if on site) will be the initial medical response. At that time, the AT will evaluate the injury and determine the next course of action. Sometimes, the AT will decide that the injury is minor enough to be treated at school, while other times they will refer the athlete to our sports medicine clinic or another health care professional.

If it is determined that the athlete needs to see a doctor, the ATC will contact the athlete's guardian and discuss how to handle the next step. While the choice for medical care is always a parent's choice, our North Oaks Orthopaedic Specialty Center works closely with our sports medicine program. Within this group of doctors, we have specialists in upper extremity, trauma, spine, joint and sports medicine. Also, if you choose to use our orthopaedics, the ATC can assist you in getting an appointment quickly with timely follow-up care. Many of our doctors have appointments open specifically for sports medicine patients to insure a quick appointment.