



## What is OhioHealth Sports Medicine?

OhioHealth Sports Medicine Institute is the largest multidisciplinary sports medicine group in central Ohio dedicated to treating student athletes, college athletes, professional athletes, and the athlete in you.

WE are made up of more than 100 athletic trainers at over 45 high schools, with more than 40 physicians board-certified in sports medicine, primary care physicians, orthopedic surgeons, sports medicine physical therapists, occupational therapists, registered dietitians, sports psychologists, and the most comprehensive team of experts for sport concussions in central Ohio.

## Care Sites Near You!

### Marion General Hospital

1000 McKinley Park Dr.  
Marion, Oh 43302  
(740) 383-8400

### OhioHealth Marion Medical Campus

1050 Delaware Avenue  
Marion, OH 43302  
(740) 383-7000



## When Your Athlete Needs to See a Physician

The Sports Medicine Department does not replace the family physician or dictate medical care. The choice of healthcare provider always remains at the discretion of the parents.

We are able and willing to help you find the best physician and medical practice for your son or daughter's injury.

### A physician should be contacted if:

- Problems develop with an injury, the condition worsens or the condition persists for an extended period of time.
- All head injuries assessed as a concussion **MUST** be seen by a doctor — preferably a concussion specialist.

### Return to Play Policy:

All athletes to be evaluated by their family physician, urgent care, ER, etc. **MUST** provide a note from that treating physician indicating the type of injury, course of treatment, and participation status. The note **MUST** be given to the athletic trainer before the athlete can resume participation. Once cleared by a physician the athlete must complete an appropriate progression back to full play at the discretion of the school's medical staff and coaches.

**WE** are dedicated to working together with athletes, their families, coaches, and other healthcare professionals to provide the highest quality of care, treatment and rehabilitation possible and to ensure proper communication regarding the athlete's status and safe return to play.

NEED MORE  
INFO?

Call our **24/7 Sports Medicine Hotline**  
**(614) 566-GAME (4263)** or visit  
[OhioHealth.com/SportsMedicine](http://OhioHealth.com/SportsMedicine)

**Marion Harding High School**  
**1500 Harding Hwy East**  
**Marion, Ohio**  
**43302**

**Athletic Training Room: (740) 223-4720**  
**Athletic Office: (740) 223-4635**  
**Fax: (740) 223-4705**

### Website:

[OhioHealth.com/SportsMedicine](http://OhioHealth.com/SportsMedicine)  
[MarionHardingPresidents.org](http://MarionHardingPresidents.org)

### Twitter:

[@HardingSportMed](https://twitter.com/HardingSportMed)  
[@OHSportsMed](https://twitter.com/OHSportsMed)



OhioHealth Sports Medicine

# Sports Medicine for Student Athletes

## Marion Harding High School



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**Twitter: @HardingSportMed**  
[@OHSportsMed](https://twitter.com/OHSportsMed)



## Sport Concussion & Traumatic Brain Injury

A concussion is a type of traumatic brain injury (TBI) caused by a blow or jolt to the head. The injury can range from mild to severe and can disrupt the way the brain normally works.

The following progression is a guideline that will be followed by every student athlete who is returning from concussion. This progression is a guideline and maybe lengthened or modified by the school district physician on a case-by-case basis. Before starting Step 1 of the progression, the athlete must be symptom free for 24-48 hours. A minimum of 24 hours must pass before the next step is started.

Step 1 – Exercise bike for 15-20 minutes

Step 2 – Light Jog for 15-20 minutes

Step 3 – Sprinting, easy weight training, individual sport specific drills

Step 4 – Non-contact team drills

Step 5 – Full-contact team practice

If at any point during the progression there is a return of the concussion symptoms, the athlete's progression will be stopped until symptom free for 24 hours.

## Taping vs. Bracing

Tape is a medical treatment tool with a specific therapeutic purpose. Appropriate use of tape for injury care will be determined by the athletic trainer and/or physician. Tape will not be given out for non-injury use. Taping may occur following an acute injury.

As the rehabilitation progresses, it will be recommended that the athlete purchase a commercial brace for ongoing injury management and prevention.

## What to do When an Injury Occurs

Injuries are a part of athletics and all sports. A majority of these injuries are minor bumps, bruises and scrapes which require basic first aid and icing. But if left untreated, even the most minor of injuries can become a big problem.

We want to keep your athlete as healthy as possible and participating in their sport when allowed. The following guidelines have been put in place to get your athlete the best care in the fastest way possible:

1. In the event an injury occurs (in or out of sport), the athlete should report it to the athletic trainer. If injuries occur during an away contest or practice the coach should be notified first. All injuries and health concerns must be reported to the athletic training staff. Medical referral will be coordinated through the athletic training staff.
2. In the absence of the athletic trainer, the coach should be notified and will initiate first aid care. The coach will then notify the athletic trainer of the injury incident
3. The athlete is expected to come into the athletic training room daily for treatment and rehabilitation exercises until they are cleared to return to activity.
4. Injured athletes are expected to continue attending practices and games during the treatment and recovery period.
5. Parents are encouraged to contact the athletic training staff with any questions or concerns related to their child's injury care.

NEED MORE  
INFO?

Call our 24/7 Sports  
Medicine Hotline  
(614) 566-GAME (4263).  
Same-day appointments  
available.

# The Team Behind Your Team

As the official healthcare provider for your school, OhioHealth makes it possible for student athletes to access these services within 24-48 hours.



**Tim Brown, AT, ATC, CSCS, CES, PES, FMSC**

[Timothy.Brown2@OhioHealth.com](mailto:Timothy.Brown2@OhioHealth.com)

Tim is a Certified and Licensed Athletic Trainer. Tim is also a Certified Strength and Conditioning Specialist (CSCS), Corrective Exercise Specialist (CES), Performance Enhancement Specialist (PES) and is Certified Functional Movement Screen Level2 (FMSC).

Tim graduated from Bowling Green State University.

Tim serves as the Head Athletic Trainer for Marion Harding High School.

**Meghan Webber AT, ATC**  
[Meghan.Webber@OhioHealth.com](mailto:Meghan.Webber@OhioHealth.com)

Meghan is a Certified and Licensed Athletic Trainer. Meghan received her Bachelor's degree from Miami University.

Meghan is a Columbus, Ohio native who graduated from Thomas Worthington High School.



## Team Coverage

The athletic trainers have divided sports coverage to help direct communication between the coaches, athletes, parents and medical staff; all athletes are free to see and work with any of these athletic trainers.

### FALL:

**Tim Brown** — Fitness Center ATR

**Meghan Webber** — High School ATR

**\*Off-Site Sports:** Football, Girls Tennis

### WINTER:

**Tim Brown** — High School ATR

**\*Off-Site Sports:** Swimming @ YMCA

### SPRING:

**Tim Brown** — High School ATR  
— Fitness Center ATR

**Meghan Webber** — High School ATR

**\*Off-Site Sports:** Baseball, Boys Tennis, and Track

(ATR=Athletic Training Room)

### Team Physician: **Dr. J. Jay Guth**

J. Jay Guth, MD, is a member of the orthopedics team at OhioHealth Marion Area Physicians. Office number: (740) 383-7960

He is a board-certified orthopedic surgeon with fellowship training in sports medicine. He has more than 24 years of surgical experience, treating a broad range of general orthopedic conditions, and has a particular interest in sports medicine injuries and total joint replacement.

### Team Physician: **Dr. Chip Thompson**

Dr. Thompson is a member of the OhioHealth Physician Group. His office is located at 130 University Drive Suite 1100 Marion, Ohio. Office number: (740) 692-4450.

He is a board-certified family medicine physician.