



Aurora Sports Health

- Katerina Wilkins, LAT
Aurora Sports Health
7300 Washington Ave
Racine, WI 53406

Clinic Phone: (262) 321-6036

MWF 8am-1pm

katerina.wilkins@aaah.org

Shoreland Phone: 262-859-2595 ext. 226



Training Room Hours

- **Fall Season:**
 - Monday, Wednesday, Thursday
 - 2:30 – 5:00 pm
- **Winter & Spring Seasons:**
 - Monday, Tuesday, Thursday
 - 2:30 – 4:30 pm

These time are subject to change based on Game/Event schedule.
Please visit SLpaces.org for updated athletic training room schedule



Training Room Protocol During Covid 19

- One athlete in the training room at a time.
- Please notify your coach prior to seeking athletic training treatment
- Wait social distanced along back gym hall way by weight room stairwell. Please line up according to practice/game start time as well as taping of injuries ahead of new injury evaluation or injury rehab.
- Taping take will be clean between each athlete and hands sanitized, per normal OSHA standards and CDC guidelines.
- Masking highly suggested perclose patient contact.

Any questions or concerns feel free to email me at

katerina.wilkins@aah.org



Event Coverage

- Fall Season

- Home & away varsity football
- Home football, boys soccer
- WIAA events hosted by SL

- Winter Season

- Home boys & girls basketball, wrestling
- WIAA events hosted by SL

- Spring Season

- Home track & field meets, girls soccer
- WIAA events hosted by SL



CONCUSSION



Signs and Symptoms of Concussion

- Cognitive Symptoms

- Confusion
- Disoriented
- Amnesia
- Distractible
- “Foggy”
- Slow response

- Physical Symptoms

- Headache
- Nausea and vomiting
- Dizzy
- Fatigue
- Vision changes
- Light sensitivity
- Noise sensitivity
- Numbness/tingling



Signs and Symptoms of Concussion

- Emotional Symptoms

- Irritable
- Sad
- Nervous
- Mood swings
- More emotional

- Sleep Problems

- Hard to fall asleep
- Wakes at night
- More fatigued



Immediate Treatment and Home Care

- Immediate removal from play
- Regular monitoring of mental status
- Only use Tylenol (acetaminophen) to ease headache for initial 48-72 hours
- No need for night waking unless athlete experienced loss of consciousness, has periods of amnesia, has increasing symptoms before bed, or directed by MD or AT.
- Physical rest (no sport, gym class, physical exertion)
- Mental rest (school accommodations, limit use of electronics)
- SLEEP HYGIENE -(8-12 hrs/night); regular bed and wake up times
- Eat a healthy diet and hydrate!!!!



Red Flags That Warrant ER Referral

- Decreasing level of consciousness
- Increasing confusion, irritability
- Loss of or fluctuating level of consciousness
- Numbness in extremities
- Pupils unequal in size
- Repeated vomiting
- Seizures
- Slurred speech or inability to speak
- Inability to recognize people or places
- Worsening headache



Recovery

- 80-90% of concussions resolve in a short (10-14 day) period, but the recovery time frame may be longer in children and adolescents
- Low level exercise for those who are slow to recover (>21 days) may be of benefit, although the optimal timing for initiation is currently unknown



Return to School

Academic Accommodations



Return to Play Protocol

- Step 1- Asymptomatic for 24-48 hours
 - Step 2 – Light aerobic activity for 10-20 minutes (walking, light jogging, biking)
 - Step 3 – Moderate aerobic activity 15-30 minutes; sport specific activity (shooting, throwing/catching, kicking)
 - Step 4 – Non-Contact practice; weight lifting;
 - Step 5 – Full Contact practice
 - Step 6 – Return to game competition
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- In addition to completing RTP protocol, athlete must have a normal clinical exam (oculomotor, balance, strength, coordination), neurocognitive tests at/near baseline, **no academic accommodations**

