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Sports Medicine Services

Northwest Catholic High School

November 4, 2020





Welcome

Ashley Mara
 Director of Athletics



• Christina Martinelli, ATC, CSCS, FMSC – HHC Manager of Athletic Training



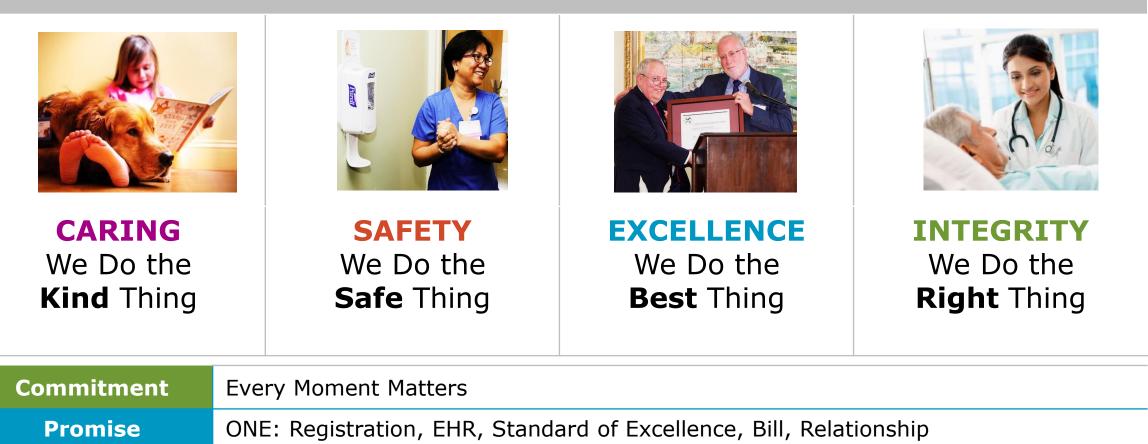
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HHC Strategic Framework

Mission To improve the health and healing of the people and communities we serve

Vision Most trusted for personalized coordinated care

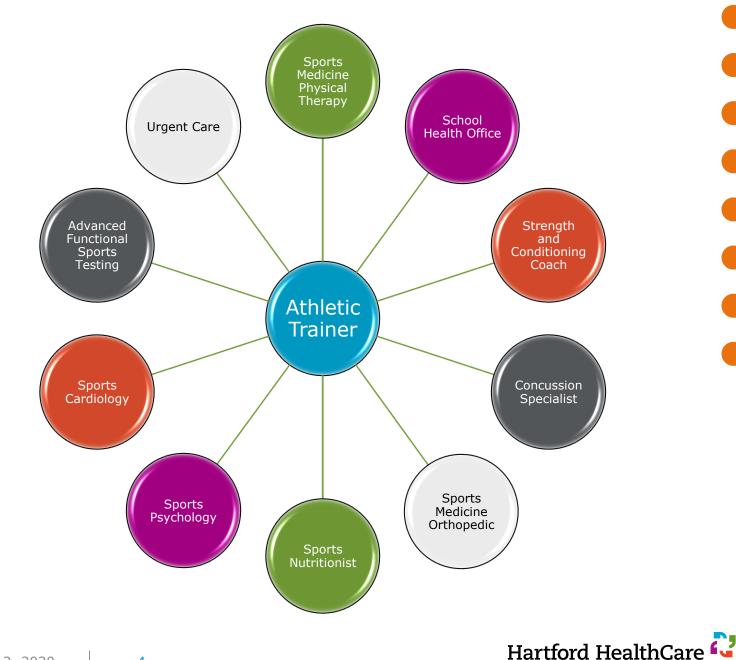
Values



Sports Medicine Team

Sports Health

- Personalized
- Multi Disciplinary
- Collaborative
- Care Coordination
- Holistic Approach
 - Mind and body



Sports Medicine

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November 12, 2020

Nearly 30 Specialists Available for Team, Staff and Families

Bariatric Surgery	Endocrinology, Diabetes & Metabolism	Neurosurgery	Sports Health
Breast Surgery & Care	General Surgery	OB GYN	Surgical Oncology
Cardiac Surgery	Hand Surgery	Oral Maxillofacial Surgery	Thoracic Surgery
Cardiology	Hematology & Oncology	Peripheral Vascular Surgery	Transplant Surgery
Colorectal Surgery	Hepatobiliary Surgery & Pancreatic	Plastic & Reconstructive Surgery	Urology & Kidney
Concussion Care	Medical & Surgical Weight Loss	Podiatry & Podiatric Surgery	Vascular & Endovascular Surgery
Electrophysiology	Neurology	Rheumatology	Women's Health
	11/12/2020	5	Hartford HealthCare

Athletic Trainer

Mrs. Katie Fleeman MS, ATC

- Midland University, 2020
 - MS: Adult and Organizational Learning
 - Graduate Assistant AT
- Dakota Wesleyan University, 2018
 - BS: Athletic Training

• Hours

- M-F: 1:30p on
- Sat: Game/Practice Coverage

• Contact Information

- E: <u>Katie.fleeman@hhchealth.org</u>
- O: 860.236.4221 x110
- C: 402.270.4615

• Injury Plan of Care

- Evaluation of the student, reported to coach and administration as needed
- Parent will be contacted depending on severity and the ability to connect with them
- Suspected emergency care: Parents/Guardians will be contacted within 24 hours

• Concussion Policy and Guidelines

- Per standing orders and Connecticut State AT Licensing, "...any athlete exhibiting signs and/or symptoms related to a concussion after a direct hit to the head or an indirect hit affecting the head must be immediately removed from practice/contest and evaluated by the AT or attending physician."
- Proper contact to parents/guardians in 24 hours
 - Additional directions/care will be communicated
- Progression back to activity will occur at a progressionmust rest 24 hours between stages



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Strength and Conditioning

Mr. Evan Gross MS, CSCS

- Central Connecticut State
 University, 2018
 - MS: Physical Education
- Springfield College, 2011
 - BS: Exercise Science
- Coaching Experience
 - Central Connecticut State University
 - 2016-2018 GA Strength Coach
 - 2019 Assistant Strength Coach
 - US Military Academy, 2014-15
 - Running Backs (Sprint Football)
 - Simsbury High School, 2011-14

• Hours

- M/W/F: 2:30-5:30pm
- Contact
 - <u>Evan.gross@hhchealth.org</u>

Policy and Procedures

- 1. Safety
 - Appropriate movements
 - Small groups
 - Facemasks
- 2. Cleanliness
 - Spray and wipe after each session
 - Hand sanitize in and out
- 3. Start Light
 - Starting lighter than we think leaves more room for progress and keeps stress down
- 4. Progress Slowly
 - It's about 4 years not 4 weeks or 4 months

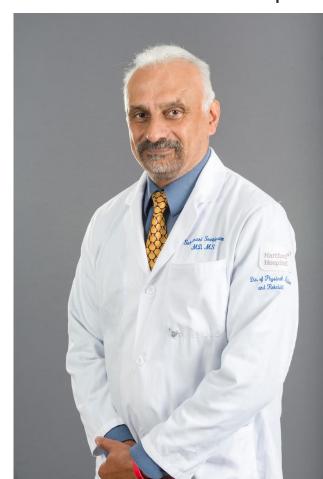


Team Physicians

- Dr. J. Kristopher Ware
 - Orthopedic Associates of Hartford



Dr. Subramani Seetharama
 HHCMG-Concussion Specialist



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Sports Medicine

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Sports Medicine Physical Therapy

- Hartford HealthCare Rehabilitation Network
 - Bloomfield, Northwestern Drive
 - Mark Parent
 - Brian McLellan
 - Bishops Corner
 - William Dresser
 - Blue Back Square
 - Latasha Raineault
 - Kyle Leonard
 - South Main Street, West Hartford
 - Joe Grabicki

- Bone and Joint Institute
 - Sean Gray
 - Stefanie Bourassa
 - Sports Specific Functional Testing
 - Biomechanical Assessments
 - Injury Prevention Testing
 - Bridge Program Site
 - Specialized Care
 - Psychology
 - Nutrition
 - Integrative Medicine
 - Sports Neurology



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Confidential and Proprietary Information November 12, 2020 10

Questions and Answers

- Can my student athlete see the athletic trainer during school hours?
- I need to get into contact with the athletic trainer in regards to my son's/daughter's injury. How can I best reach her?
- I'd like to make an appointment to see one of the team physicians? What does that process look like?
- If a student needs physical therapy, what is the process or role the partnership provides?
- Due to social distancing, I have elected to purchase some weight training equipment for my house. What resources can you share to ensure proper (safe) strength training at home? Where is the risk, and what should I (as a parent) be looking out for?



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