

OUR FACILITIES

DAVIDSON COUNTY

VANDERBILT ORTHOPAEDIC INSTITUTE

1215 21st Avenue
Medical Center East, South Tower, Suite 3200
Nashville, Tennessee 37232
(615) 322-7878

ADOLESCENT CLINIC

Vanderbilt at One Hundred Oaks
719 Thompson Lane, Suite 36300
Nashville, TN 37204
(615) 936-8200

WILLIAMSON COUNTY

VANDERBILT BONE & JOINT

206 Bedford Way
Franklin, Tennessee 37064
(615) 790-3290

VANDERBILT ORTHOPAEDICS AT COOL SPRINGS

324 Cool Springs Blvd.
Franklin, TN 37067
(615) 790-4280

WILSON COUNTY

VANDERBILT ORTHOPAEDICS AT MT. JULIET

5002 Crossings Cir, Suite 230
Mt Juliet, TN 37122
(615) 773-2710

KENTUCKY

VANDERBILT SPORTS MEDICINE AT MURRAY

1000 S. 12th St. Murray, KY 42071
(877) 826-3976

VANDERBILT SPORTS MEDICINE AT BOWLING GREEN

542 Three Springs Road
Bowling Green, KY 42104
(877) 826-3976

SPORTS MEDICINE REFERENCE

for parents



VANDERBILT  UNIVERSITY
MEDICAL CENTER

Visit vanderbiltorthopaedics.com for maps and directions



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OUR FACILITIES	BACK COVER



OUR STORY

Vanderbilt Sports Medicine (VSM) has proudly provided outreach athletic training services to Middle Tennessee high schools and athletic organizations since 1997. During this time, VSM has recruited certified athletic trainers who have expertise in the prevention, recognition, evaluation, immediate care, and rehabilitation of athletic injuries.

For more than a decade, VSM has worked diligently to provide the greater Nashville community with sports medicine coverage. In 2008, VSM successfully launched an events management team to provide on-site sports medicine coverage for sporting events throughout Middle Tennessee. In 2011, Vanderbilt Orthopaedic Institute joined forces with physician partners at Vanderbilt Bone & Joint to expand service coverage in Williamson County, increasing the total number of high schools we serve to 27.

In an effort to broaden services to the community and address serious concerns about concussions in athletes, the Vanderbilt Sports Concussion Center (VSCC) opened in the fall of 2011 to give athletes and their families access to baseline concussion screening tools, assessing brain function and evaluating and treating athletes so they can return safely to their sports. Beyond the sidelines and clinics, VSM continually strives to provide excellent care and find innovative solutions, both on and off the field. In the summer of 2012, VSM released a smartphone app developed for coaches and parents, which provides real-time information on heat index, lightning strike and other safety information.

Our experience and expert team provides the solid foundation needed to serve you and your family, now and in the future.



HIPPA GUIDELINES

Vanderbilt University Hospital respects our patients' privacy. Every VSM Athletic Trainer has reviewed and understands the 1996 Health Insurance Portability and Accountability Act (HIPAA), which is a law outlining patients' privacy rights. Occasionally, it may be necessary for your school's athletic trainer to access your child's medical records in order to provide safe and efficient care and treatment of the athlete.

High School coaches and administrative staff are considered part of the care team and will be informed of any participation recommendations following an injury to your child that occurs during activity at his or her high school. If a doctor sees your child, we must have written approval from the provider before we allow your child to return to his or her activity.

INSURANCE REQUIREMENTS

The Tennessee Secondary School Athletic Association (TSSAA) requires proof of insurance for every student-athlete. This primary insurance policy may be personal or employer-based. Most school systems offer the opportunity for students to enroll in a primary insurance plan if they are not covered by a parent or guardian's insurance policy. In the event you purchase insurance for your child from an independent provider, make sure the policy covers injuries and accidents resulting from organized high school sports, including football.

SPORTS PHYSICALS

TSSAA Requirements

Prior to participating in TSSAA-sanctioned athletics, there are several forms that must be completed. All student-athletes must have evidence of a current physical on file in their school's athletic office. In accordance with the TSSAA handbook, physicals must be signed by a doctor of medicine, osteopathic physician, physician assistant, or certified nurse practitioner. Physicals for high school athletic participation must be performed after April 15th to be valid for the following school year. A physical must be obtained before participating in any practices, scrimmages or games.

Vanderbilt Sports Medicine Sports Physicals

Each year, Vanderbilt Sports Medicine offers sports physicals at the Vanderbilt Orthopedic Institute and Vanderbilt Bone & Joint. These will happen on a pre-scheduled date in the spring. An athletic trainer assigned to your child's school will provide specific information to student-athletes and coaches .

It is required for a parent or guardian to complete and sign the physical form prior to completion of the exam. Although it is not mandatory, we do encourage all parents and legal guardians to attend physicals with their child.

These sports physicals **should not** replace your child's annual exam with his or her primary care physician. As, this screening will not address immunizations, blood work or evaluate other medical conditions that your pediatrician/primary care physician may perform during an annual exam.

MANAGING SPORTS INJURIES

A Certified Athletic Trainer (ATC) will be on-site for most home events and practices at your child's school. Should your child have an injury, the athletic trainer will provide the initial medical response. Most injuries can be treated on-site or in the school's athletic training room. If further medical treatment is needed, the athletic trainer will contact you with the appropriate recommendations for treatment. In the event of an emergency, each school has an emergency action plan (EAP) in place, which will be activated by the ATC, coach or administrator available. It is for these reasons it is important that a current and accurate emergency contact card is filled out on each child every year.

AWAY GAMES

VSM-certified athletic trainers will travel with varsity football, and in some cases with varsity basketball teams. If your child should sustain an injury while traveling to a game where his or her athletic trainer is not present, most opposing teams in the Middle Tennessee area will have an athletic trainer on-site. If the injury needs further medical treatment, coaches will call the trainers to quickly facilitate treatment and referral to a sports medicine or emergency doctor, if needed.

REFERRAL PROCESS

Although the choice for medical care is yours, sending your child to Vanderbilt University Medical Center will expedite your child's care, facilitate open communication between the physician and the athletic trainer, and allow the greatest continuity of care possible. If an injury requires an appointment with a doctor, athletic trainers are typically able to get an appointment with a Vanderbilt Sports Medicine physician within 24 hours.



TREATING SPORTS INJURIES

THE R.I.C.E. PRINCIPLE

Typically, muscle strains and ligament sprains are not emergencies. Your school's athletic trainer will assess the severity of the injury and treat it accordingly. Generally, these injuries are treated utilizing the RICE principle.

REST: Avoid any unnecessary activity. If the athlete is unable to stand or a fracture is suspected, get crutches or another assistive device (such as a sling, if the injury is to the arm).

ICE: Apply an ice bag or a cold pack to the affected area for approximately 15 to 20 minutes and re-apply every 2 hours. If using a frozen chemical pack, be sure to use a barrier between the skin and the cold pack (i.e., a damp cloth). Avoid heat for the first 72 hours.

COMPRESSION: Lightly wrap the injured area with a compression bandage starting with the area furthest away from the body and working your way up. Except for when icing or bathing, the compression wrap should be left on at all times during the first 72 hours. If the wrap gets uncomfortable or the fingers or toes begin to swell, makes sure to loosen the bandage.

ELEVATION: Raise the injured body part above the level of the heart. This will lower swelling. Simply propping a foot up onto a chair is not sufficient to achieve this function. For the leg, the athlete should lie down and prop his or her foot (not the knee) with a pillow. This method is most effective when accompanied by ice and compression.

NUTRITION FOR OPTIMAL PERFORMANCE

Eating a healthy diet is a great way for athletes to perform their best. Healthy nutrition is essential to boost energy levels, lower injury risk, speed muscle recovery, increase focus and concentration, and keep a healthy weight.

GENERAL NUTRITION TIPS

- Eat breakfast daily
- Choose low-fat dairy products
- Pack a healthy snack, such as granola bars, pretzels, peanut butter crackers, dried fruit and nuts, and whole fruits
- Avoid fried foods
- Look for “baked, broiled or grilled” lean meats and fish
- Load up on fruits and vegetables
- Limit high sugar and sweets
- Not all fats are bad. Avocado, nuts and seeds, nut butters, and olive and vegetable oils contain healthy fats
- Drink water, 100% fruit juice, or low-fat milk
- Avoid sodas and energy drinks. These can increase dehydration and are not part of a healthy diet

RECOMMENDED PRE-GAME MEALS

- Pasta with meat sauce, salad with low-fat dressing, fruit and granola, low-fat milk
- Baked chicken, steamed vegetables, rice, fig bar, sports drink
- Grilled steak, baked potato with low-fat sour cream and low-fat cheese, steamed vegetables, water
- Lean deli meat sandwich on whole wheat bread, baked chips, fruit-and-yogurt smoothie
- Peanut butter and jam sandwich, low-fat Greek yogurt, banana, 100% juice
- English muffin pizza made with tomato sauce, low-fat cheese, vegetables and lean meat toppings-chicken, ham, turkey pepperoni, pasta salad, fruit cup, low-fat chocolate milk



HYDRATION FOR OPTIMAL PERFORMANCE

WHY IS IT IMPORTANT TO HYDRATE?

Water should be readily available to student-athletes at all times. The American Academy of Pediatrics Committee on Sports Medicine recommends that regular water breaks be taken every 30 minutes when the heat index reaches 82 degrees or higher. These breaks should last for approximately 5 to 10 minutes. During water breaks, athletes should be permitted to rest in shaded areas and remove protective equipment (i.e., helmets).

Proper hydration is required for optimal athletic performance. Dehydration can affect an athlete in less than 1 hour of exercise and puts them at greater risk for heat illnesses such as cramps, heat exhaustion, and heat stroke.

Proper nutrition should be taught and encouraged. Salt tablets, caffeine, pickle juice, protein, and nutritional supplements are not recommended. Replace these with water to replenish body fluids, and keep healthy dietary habits.

HELPFUL HINTS FOR REHYDRATING DURING ACTIVITY:

- If your child is less than 90 pounds, he or she should drink 10 gulps of fluid (about 5oz) every 15 to 20 minutes
- If your child weighs more than 90 pounds, he or she should drink 20 gulps of fluid (about 10oz) every 15 to 20 minutes

**THIRST IS A SIGN YOUR CHILD-ATHLETE IS
ALREADY DEHYDRATED.**



VANDERBILT SPORTS CONCUSSION CENTER

SPORTS CONCUSSION MANAGEMENT

High impact sports such as football and soccer, place participants at increased risk of injury, including concussions. A concussion is a type of brain injury that happens after a blow to the head. Concussions may affect memory, senses, speech, balance, and sleep. Symptoms can include headache, nausea, dizziness, and tiredness.

Since you can't see a concussion, there is no way to tell how serious a head injury is without an evaluation by a trained health care professional. Vanderbilt Sports Concussion Center (VSCC) applies the expertise of medical professionals from many disciplines—sports medicine, neurosurgery, neuropsychology, athletic training—to diagnose and treat sports concussions. VSCC provides state-of-the-art concussion care to all athletes who enter the Vanderbilt system.

If a concussion is suspected, the athlete should be withheld from play until evaluated by a healthcare professional trained in concussion management.

For more information visit

www.VanderbiltSportsConcussion.com

To schedule an appointment, call VSCC at (615) 875-8722.

AFTER A HEAD INJURY, GO TO THE EMERGENCY ROOM OR CALL 911 IF:

- it is difficult to wake your child up
- your child has severe confusion
- your child keeps vomiting
- your child has a severe headache
- your child has numbness or tingling in arms or legs
- your child's symptoms get worse
- your child has vision changes that do not get better

CONCUSSION BASELINE TESTING (ImPACT)

SPORTS CONCUSSION BASELINE TESTING (ImPACT)

Vanderbilt Sports Concussion Center (VSCC) is now offering pre-concussion baseline testing to all community recreational athletes 12 and older. The baseline testing combines individual neurologic history, balance assessment, and a computerized test that measures factors such as reaction time, memory, and attention span. A trained member of the VSCC staff administers the testing in a controlled environment to ensure accuracy. In the event of a concussion, VSCC can compare baseline results to post-injury testing to determine the complexity of the injury, brain systems affected, and when it's safe to return-to-play. Individual and team screening packages are available. For more information or to schedule an appointment for a baseline screening contact:

**Vanderbilt Sports Concussion Center
(615) 875-VSCC (8722)**

EVENTS MANAGEMENT TEAM INFORMATION

Vanderbilt Sports Medicine has a special events management team that provides medical coverage for community events such as youth sport leagues, tournaments and large nonprofit charitable events.

If you are interested in learning more about this program or are interested in medical coverage for your upcoming athletic event, please email ATC@vanderbilt.edu for more details.

COACHSMART SMARTPHONE APP

CoachSmart, a new Vanderbilt smartphone app, puts an athletic trainer, personal assistant, and meteorologist all in the palm of your hand. Designed especially for coaches, this iPhone or Android app is a great tool.

VanderbiltHealth.com/CoachSmart



AFTER-HOURS CLINIC AT VANDERBILT BONE & JOINT

Vanderbilt Bone & Joint is now offering an after-hours clinic to care for acute orthopaedic injuries that happen after typical office hours. An orthopaedic specialist is available to walk-in patients Monday through Thursday from 5 to 8 p.m. No appointment is necessary.

The clinic will care for a wide range of acute orthopaedic issues, including sports injuries, soft tissue injuries, and broken bones.

Vanderbilt Bone & Joint Clinic
206 Bedford Way
Franklin, TN 37064
(615) 261-0443