

## Hixson High School Injury Assessment Protocol

### **Emergency Personnel**

Certified Athletic Trainer Amy Ketron will be on-site for practices and for home and away competitions through football season. Following football season, she will be available in the athletic training room after school and on-site home events.



### **Emergency**

### **Communication**

Certified Athletic Trainer Amy Ketron should be contacted as soon as possible after the injury in effort to evaluate the injury and triage of MD if necessary to expedite the healing process and return the athlete to play safely and as soon as possible. Amy Ketron can be reached at

615-828-8268  
(cell).

### **Injury assessment/triage**

After making contact, AT will arrange a time best for both parties to evaluate the injury either on-site or at Hixson High School athletic training room. After the evaluation, the AT will develop a plan of care determined by her evaluation of the injury. If the AT feels that she can treat the injury, she will implement a rehabilitation program to decrease symptoms, increase range of motion, strength, stability, and proprioception with the goal of returning the athlete to sport in a timely manner. All physical therapy will be done as a patient of Benchmark Physical Therapy unless otherwise deemed necessary by all parties. If AT feels the injury is not progressing or needs to be evaluated by a physician an appointment will be made at a time suitable for all parties involved and develop a plan of care per the physician recommendations.