

LITTLE ELM SPORTS MEDICINE DEPARTMENT

Little Elm High School

Athletic Training Facility/Office #: (972) 947-9443 x24109 or x24110

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High School Injury Protocol & Evaluations

- Athletes must report **all injuries** to the Athletic Trainers within 24-48 hours after the injury.
- Athletes must follow up with the Athletic Trainers at the **AM Treatment Clinic** in the Athletic Training Room for **any** injuries sustained. (For Times see High School AM Treatment Clinic below)
- Athletes injured at practices should report to the staff athletic trainers and be evaluated before leaving campus that day.
- Athletes injured during an Away competition need to report injuries to the student athletic trainer assigned to their sport or their coach and Athletic Trainers will be notified.
- The Athletic Trainers will evaluate the injury and can better determine if further evaluation by a physician is necessary, otherwise, a treatment and rehabilitation plan will be set up for the athlete.
- If an injury or illness becomes a medical emergency, seek medical care at the closest Urgent Care/Emergency Room near you.
- **Doctor Visits:** Parents/Guardians, please make sure that if you take your child to the physician for illness or injury, **the Athletic Trainers are given a copy of the note stating what they can or cannot do, treatment requests/specifications, and any follow-up information. If we do not receive a copy from a Medical Physician we will not be able to allow your child to return to athletic workouts/games until we have one on file.** Note: A "return to school" note stating they have gone to the doctor will not be sufficient.

High School Treatment Clinics

- **High School AM Treatment Clinic:** If an athlete is injured/sick and wants to be considered as out or limited for daily athletic workouts – they are required to attend **AM Treatments (M-F, 6:25am - 7:10am)** unless they have special permission written/documented by their coach or have a Doctor's note.
- **High School PM Treatment Clinic:** PM treatments/rehab are primarily set aside for athletes whose sport practices before school &/or 1st period (Freshmen athletics, Girl's Basketball, Girl's Soccer, & Cross Country) or those special cases that have no means of transportation to arrive to AM treatments.
PM Treatments are (M-F 3pm - 5pm) unless we have athletic games/events we are covering that night.
- **Treatment During Athletic Periods:** All athletes are to report to their sports' roll call each day prior to being sent to training room & they must come dressed in athletic attire.
- **Taping:** Athletes requesting to get taped for practice on a daily basis (Ankles, Arches, Achilles, etc.) are required to attend rehab daily before or after school or have a doctor's note stating they must be taped for practices/competition. Note: Extra rehab is only done during their athletic period if prior permission is given by coaches & staff athletic trainers.
- **Ankle Braces:** OSSUR Ankle Brace order forms are available (after Sept 1) and include information on the two types of braces you can order. Brace cost is \$15 for each brace (\$30/pair) plus 6.25% tax and shipping (*Subject to change*). We will measure & record the student athlete's precise ankle circumference on the order form to assure a more "custom fitted" ankle brace. Your athlete will return the form to you and you will order direct from the company.

Insurance Information

Insurance Info: LEISD purchases a limited benefit secondary insurance policy that partially covers all students while participating in an approved athletic/UII competition. If an injury occurs, your personal primary insurance covers first and the district insurance is secondary only reimbursing a partial percentage of what your Primary Insurance does not cover. Any bills not paid by your personal carrier or the athletic/UII policy will be the responsibility of the parent/guardian. All injuries are to be reported to the athletic training staff and coach the day of the injury. Treatment must begin within 60 days from the date of the injury and claims must be filed within 90 days of the injury date. Parents/Guardian must contact the Athletic Trainers to complete and obtain a **claim form**. **Parents/Guardians must personally file a copy of the claim form along with copies of any bills or receipts received to the address listed on the form within 90 days of the injury date.** Further information regarding **addition supplemental insurance available for purchase** by parents/guardians will be posted annually in August. Further questions concerning the athletic insurance policy should be directed to the athletic trainers at Little Elm High School or the district's benefits coordinator.

Team Physicians

Dr. James C. Walter, Dr. Michael Landers, & Dr. Chris Miskovsky are with **Texas Orthopaedic Associates in Plano, Texas.**

Athletes have a choice on what physician to go to, but our Team Physicians are Orthopedics and specialize in Bone, Joint, & Musculoskeletal injuries. These Physicians are also members of our Concussion Oversight Team.

For more information please call (972) 378-1438 or visit:

