

## **LITTLE ELM SPORTS MEDICINE DEPARTMENT**

Little Elm High School  
**Athletic Training Facility/Office #: (972) 947-9443 x24109 or x24110**

Laws T. Kidwell-Cox, M.Ed., ATC, LAT  
"Coach Cox" Head Athletic Trainer  
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Mark Stine, MS, ATC, LAT, CSCS  
"Doc" Athletic Trainer  
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### **Middle School Injury Protocol & Evaluations**

- Athletes must report all injuries to their coaches, and the Athletic Trainers will be contacted to set up a follow up evaluation.
- **Athletes will be evaluated at the Lakeside MS Athletic Training Room on Wednesday mornings between 7:20am. - 8:20am. If an evaluation is necessary on a different day, please contact Athletic Trainers so they can arrange for an alternate evaluation time either at LEHS or Lakeside MS.**
- **Athletes must be in athletic attire for the evaluation (shorts, t-shirts, etc.).**
- State and District mandated testing/meetings might affect regular Wednesday evaluations; however, we will do our best to schedule a different day with the Boys & Girls coordinator a week in advance.
- 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.
- **Doctor Visits:** Parents/Guardians, please make sure that if you take your child to the physician for illness or injury, **the Coach receives 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.
- Middle School treatment/rehab is by appointment with the 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/UIIL 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/UIIL 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:

TEXAS ORTHOPAEDIC  
ASSOCIATES



<http://www.txorthopaedic.com/plano/>