



Springfield Clinic Sports Medicine, a division of Springfield Clinic, works directly with your High School to provide sports medicine coverage for home varsity athletic events as well as injury evaluation for all student athletes, coaches, teachers and staff.

SCSM utilizes a team approach to sports medicine including physicians, surgeons, athletic trainers, physical and occupational therapists and many other disciplines in the care, treatment and rehabilitation of all student athletes.

Orthopedic services are located within Springfield Clinic 800, at 800 N. 1<sup>st</sup> Street. *The Ortho First Clinic* (O1C) is a walk-in or by appointment clinic, staffed by four non-operative orthopedic physicians and three Physician Assistants. The clinic is open Monday-Thursday, 7 a.m.-6 p.m., Friday- 7 a.m. – 5 p.m. and Saturday from 8 a.m.-11 a.m. Concussion testing (ImPACT) is available at this location but is **by appointment only**, during regular hours Monday-Friday. You may contact the O1C by calling: 217-528-7541 and asking for the Bone Phone.

In addition to our O1C services, we offer appointments with our team of Orthopedic Surgeons. Dr. Diane Hillard-Sembell, Dr. Brett Wolters and Dr. Chris Wottowa, are all Board Certified in Sports Medicine. Along with these surgeons, there are over 15 orthopedic specialists and podiatrists within the Department of Orthopedics at Springfield Clinic. To schedule an appointment, call 217-528-7541 and ask for the office of choice or for the Department of Orthopedics.

Physical and Occupational therapy services are available at locations throughout Springfield and the surrounding communities. Appointments are available at our main location, 3020 S. 6<sup>th</sup> Street (near Stevenson Drive), 800 N. 1<sup>st</sup> Street (inside our Ortho First Clinic) and a new location at The Villa's in Sherman, 100 Marion Parkway.

Your athletic trainer can direct you to any of the services offered by Springfield Clinic. They are available at regular times on weekdays, and by appointment on weekends. They are also available for consultation before and after assigned games. They care for all athletic injuries sustained during school-sponsored activities. The athletic trainer will provide injury prevention, emergency care and rehabilitation of athletic injuries under the supervision of one of our team physicians or your personnel M.D. All athletes and parents are encouraged to inform the athletic trainer of any injury/illness that occurs. Should the student's condition require additional medical attention, the parent/guardian will be notified.

Once under the care of a physician, the student athlete cannot return to practice or competition without being cleared by both the physician of record **AND** the athletic trainer. The athletic trainer will not clear an athlete to return to practice or play, over the recommendations of a physician, but may hold the athlete out of practice or play, until deemed safe to return after the athlete has been cleared by their physician. **Please note: It is the final judgement of the athletic trainer to allow the athlete to return to practice or play following an injury.**

#### **Concussion Management:**

Springfield Clinic Sports Medicine uses the ImPACT program for neuro-cognitive testing of athletes suspected of a head injury/concussion. All contact and collision athletes are encouraged to take the baseline test offered at school. All other athletes are encouraged to participate as well. Pre-season baseline testing should be performed on each athlete every 2 years.

SCSM follows the Illinois State Law (PA99-245) and IHSA policy for the evaluation, treatment, Return to Play and Return to Learn Protocols established. All athletes suspected of sustaining a head injury/concussion, will be required to fulfill all aspects of the State Law and the IHSA policy before they may return to practice or competition.

All athletes, regardless of the severity of a concussion or possible concussion, ***will be required to complete a Return to Play protocol*** before beginning or returning to practice or games. **The athletic trainer and the Concussion Oversight Team at each school have the final say in all possible head/concussion injuries.**

For more information about the services offered by Springfield Clinic Sports Medicine, or to schedule an appointment, please call 528-7541.