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Communications

Summary Statement: Appropriate Medical Care for the Secondary School-Aged Athlete

Jon Almquist, ATC¹, Tamara C. Valovich McLeod, PhD, ATC, CSCS², Angela Cavanna, DO, FAOASM³, Dave Jenkinson, DO⁴, Andrew E. Lincoln, ScD, MS⁵, Keith Loud, MD, FAAP⁶, Bart C. Peterson, MSS, ATC⁷, Craig Portwood, LAT, ATC⁸, John Reynolds, MS, ATC¹, and Thomas S. Woods, LAT, ATC⁹

¹Fairfax County Public Schools, Fairfax, VA

²Arizona School of Health Sciences, A.T. Still University, Mesa, AZ

³Health Stream Medical Associates, PC, Red Hook, NY

⁴Center for Sports Medicine, Chattanooga, TN

⁵Johns Hopkins Bloomberg School of Public Health, Baltimore, MD

⁶Akron Children's Hospital, Akron, OH

⁷Palo Verde High Magnet School, Tucson Unified School District, Tucson, AZ

⁸Tomoka Christian Church, Ormond Beach, FL

⁹Advanced Orthopaedics and Sports Medicine, Katy, TX

Abstract

Objective: To present the recommendations made by the Appropriate Medical Care for Secondary School-Aged Athletes Task Force and to summarize the subsequent monograph developed around 11 consensus points.

Data Sources: The MEDLINE, CINAHL, and SportDiscus databases were searched for relevant literature regarding secondary school-aged athletes; health care administration; preparticipation physical examination; facilities; athletic equipment; emergency action planning; environmental conditions; recognition, evaluation, and treatment of injuries; rehabilitation and reconditioning; psychosocial consultation; nutrition; and prevention strategies.

Conclusions and Recommendations: Organizations that sponsor athletic programs for secondary school-aged athletes should establish an athletic health care team to ensure that appropriate medical care is provided to all participants. The 11 consensus points provide a framework—one that is supported by the medical literature and case law—for the development of an athletic health care team and for assigning responsibilities to the team, administrators, and staff members of institutions sponsoring secondary school and club-level athletic programs.

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Jon Almquist, ATC; Tamara C. Valovich McLeod, PhD, ATC, CSCS; Angela Cavanna, DO, FAOASM; Dave Jenkinson, DO; Andrew E. Lincoln, ScD, MS; Keith Loud, MD, FAAP; Bart C. Peterson, MSS, ATC; Craig Portwood, LAT, ATC; John Reynolds, MS, ATC; and Thomas S. Woods, LAT, ATC, contributed to conception and design; analysis and interpretation of the data; and drafting, critical revision, and final approval of the article.

National Athletic Trainers' Association, 2952 North Stemmons Freeway, Dallas, TX 75247

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