


www.westfieldportsmedicine.com



## Prevention and Treatment of Athletic Injuries

Westfield High School  
Houston, Texas

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## Facilities

- High School, College, Professional, and Clinics
  - Size: Closets to 15,000 Square feet
  - Location:
  - Illumination:
  - Special Services Sections:
  - Treatment Area:
  - Electrotherapy

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## Facilities

- Hydrotherapy Areas:
- Exercise Rehabilitation Area:
- Taping Area
- Physical Examination Room
- Records Area
- Storage Facilities
- Athletic Trainer's Office

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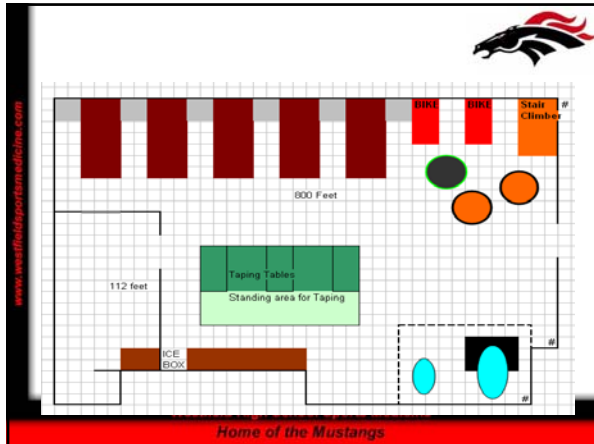
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## Budgetary Concerns

- Budgets can be very different for your work setting
- Be wise when spending your budget, think of it as your won money
- The more you can do with what budget you have, the more you may get to do with in the future

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## Supplies

- 2 types
  - Expendable supplies are those supplies that can not be reused. Tape, Bandages, Hydrogen Peroxide etc.
  - Nonexpendable supplies are those supplies that can be used over and over. Scissors, compression wraps, neoprene sleeves, etc.

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## Equipment



- Equipment refers to items that may be used by the athletic training room for a number of years. Ice machines, treatment tables, crutches, etc.

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## Equipment



- Two types of equipment
  - Fixed Equipment
    - Items that are not usually moved from the athletic training facility, Ice Machines, Treatment Tables.



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## Equipment



- Nonfixed supplies
  - supplies that are removed from the training room but should be used for several years
    - Examples: Crutches, training kits, coolers

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**Budget**



- Bid out your wanted supplies to reputable companies.
- Inventory your supplies to know how much you use, then you will know how much to order.
- Look for good prices on the bid sheet and stock up on items for future use

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**Budget - Purchasing**



- One can purchase single items or emergency items from a single supplier.
- Lease instead of purchasing large ticket items. (Advantages and disadvantages of a lease)

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**Additional Budget concerns**



- Office Cost, postage, printing, etc.
- Contracts with physicians
- Professional Dues
- CEU costs
- Athletic Training clothing

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## Record Keeping



- Accurate records are a must
  - Medical History
  - Physicals
  - Insurance Information
  - Emergency Information
  - Allergies

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## Physicals



- Have thorough physicals, not just a cattle round up.
- Perform pre-physicals to screen for potential problems and expedite the actual physical night.
- Cover the entire body

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## Injury Reports



- Communication is the key to Coaches Satisfaction
- Daily injury reports with players name and status

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**Treatments Log**



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- Record all treatments!!
  - Time
  - Date
  - Name
  - All Treatments Received
  - Any Remarks
  - KEEP ON FILE

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**Personal Information Card**



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- Especially for High School Athletic Trainers
- Insurance Information
- Emergency Contact Information
- Waiver to receive medical treatment
- PARENT SIGNATURE

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**Injury Evaluation and Progress Notes**



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- Use S.O.A.P. notes to protect yourself.
- S = Subjective
- O = Objective
- A = Assessment
- P = Plan

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## Annual Reports



- Make reports of the number of treatments given during a year
- Advantageous for increasing salary or budget
- Put an amount on the treatment, to show money saved by the community

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## Computer in the Training Room



- Several Software packages
- DOES NOT replace a hard copy
- Can make reports easier
- Great for making bid sheets and managing orders
- Another skill that is marketable

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## Computer in the Training Room



- Can be useful in tracking injury statistics
  - Are more injuries occurring at home, or on the road? Is there a pattern? The computer can help with this

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