

## SAINT VINCENT SPORTS MEDICINE SERVICES FURNISHED TO MERCYHURST PREP STUDENT ATHLETES

The sports medicine team at Mercyhurst Preparatory School includes the certified athletic trainer, team physician and sports medicine fellow. In addition to the PIAA Comprehensive Initial Pre-Participation Physical Exam, Mercyhurst Preparatory School has the following additional features to the sports medicine program:

1. Saint Vincent Sports Medicine physicians provide medical coverage at sporting events and sports physicals to student athletes at Mercyhurst Preparatory School. The physicians are affiliated with the Saint Vincent Primary Care Sports Medicine Fellowship program. The fellowship program provides additional training in the management of musculoskeletal injuries to board certified family practice physicians. The program also allows Saint Vincent Sports Medicine to provide physician services on site at the school at no cost to the parents, staffed by the sports medicine fellow and supervised by the supervising head team physician, Laura McIntosh, MD.
2. The National Federation of State High Schools Associations (NFHS) and PIAA guidelines and regulations will be followed regarding evaluation and return to play protocols for student athletes who sustain a concussion. Athletes will be evaluated by an appropriate medical provider if symptoms are longer than 15 minutes in duration. Mercyhurst Prep utilizes the ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) concussion program in our management of concussed student athletes. We obtain baseline data about your student athlete's cognitive function, as well as post-concussive data if the student-athlete suffers a concussion. This testing is used as an aide for diagnosing and treating concussion and has no other academic role. The MPS concussion protocol is as follows: athlete must be removed from physical activity, including practices, competitions or out-of-season workouts; athlete will be held from all physical activity until he/she is no longer experiencing physical or cognitive symptoms and has been cleared to resume activities by an appropriate health care professional trained in area of concussions. The athlete's return to sports will entail a gradual progression of activity, starting with endurance exercise and non-contact activity, with eventual return to contact activity and return to participation in practices/events. The athlete will need to participate in a full, unrestricted practice without symptoms before they will be returned to competition. Advancement through the return to play protocol will require the student athlete to be symptom-free at each stage of activity. An evaluating appropriate medical provider may make further recommendations or appropriate referrals as needed on an individual case basis. Please refer to the following websites for additional information about concussions in student-athletes: <http://nfhslearn.com/electiveDetail.aspx?courseID=15000>; <http://www.cdc.gov/concussion/HeadsUp/youth.html>; <http://impacttest.com/concussion/overview>.
3. Mercyhurst Prep utilizes the following modalities for treatment of athletic injuries: ice bags/packs, hot packs, therapeutic ultrasound and electrical stimulation. Appropriate modalities are performed by the certified athletic trainer upon evaluation of the athletic injury and will be performed on an as needed basis and at the discretion of the certified athletic trainer.

### CONSENT TO FURNISHING OF SERVICES

**I acknowledge that I have reviewed the above information pertaining to Mercyhurst Preparatory School's sports medicine team.**

**I hereby give my consent to the Sports Medicine team to provide the appropriate medical care and treatment for my child for the 2015-2016 school year.**

**I hereby decline/refuse for medical care and treatment for my child for the 2014-2015 school year.**

**Comments:** \_\_\_\_\_

\_\_\_\_\_  
**Signature of Parent/Guardian**

\_\_\_\_\_  
**Date**