

# Millard North High School Athletic Training

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Dear Millard North Parent/Guardian:

This letter is to inform you of the policy within Millard North High School and the Millard Public School District in regards to concussion management for athletes. The policies have been made in accordance with the provisions made to the Concussion Awareness Act, specifically Sections 71-9101 to 71-9106 that went into effect August 2014. If your child sustains a concussion or is suspected of sustaining a concussion, the following guidelines will be followed:

1. If your child is at a school sporting event or activity and they are suspected of having a concussion, family will be notified of a possible concussion and required to seek medical confirmation of the concussion.
2. Once your child has been seen by a physician and diagnosed with a concussion, the school Concussion Management Team (CMT) will notify teachers of the concussion and will make any academic adjustments that the physician or CMT feels necessary for the student. Please return all paperwork to Karen Horton, RN
3. Teachers will monitor students with concussions on a daily basis, and the CMT will meet when needed to adjust any accommodations that need to be made for the student.
4. When the student is symptom free and the CMT certifies there are no academic concerns, written clearance from the medical provider as well as written permission for return to activity from parents is obtained, the student returns to academics with no adjustments or accommodations.
5. Only after students have successfully returned to the classroom without any restrictions, then they may begin the Return to Play protocol administered by the athletic trainer. The Return to Play protocol is a 6-day program designed to ease the athlete back into activity. If the student is an in-season athlete and they are diagnosed with a concussion, they will be required to go through the Return to Play protocol in its entirety, regardless of extent of injury or sport –NO EXCEPTIONS!
6. Once the athlete has successfully completed the Return to Play protocol with the athletic trainer and are asymptomatic, final assessment will be completed by the athletic trainer before returning to full participation.

If you have a child with a concussion or have any questions regarding any of this information, please feel free to get in contact with us and we will gladly help you to better understand this information.

The following is an example of the Return to Play protocol that the athletes will complete with the athletic trainer prior to returning to their sport.

## Return to Play Activity Progression Protocol

Stage	Functional Exercise	Objective	Date Completed/ATC Initial
1	Walking at 2.5 MPH <b>OR</b> Riding a stationary bike for 25 minutes	Reach 30-40% maximum heart rate	Date _____ Initials _____
2	Jogging for 25 minutes, Sit-ups x 25 Push-ups x 25, Lunge Walks x 25	Reach 40-60% maximum heart rate	Date _____ Initials _____
3	Running for 25 minutes Sit-ups x 50, push-ups x 30, lunge walks x 30 Individual practice drills for 15 minutes (wear helmet if appropriate)	Reach 60-80% maximum heart rate	Date _____ Initials _____
4	Participate in all <b>NON-CONTACT practice drills (not touching another person)</b> . Can include warm-ups and practice drills as long as there is no contact. Total practice time of 45-60 minutes.	Reach 80% maximum heart rate	Date _____ Initials _____
5	<b>IMPACT TEST</b> Participate in full-contact practice. Wear equipment as usual.	Reach full exertion.	Date _____ Initials _____
6	Resume full participation in competition	Reach and maintain full exertion.	Date _____ Initials _____

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## Other athletic training FAQs:

1. Both Brigham and Lisa are certified and licensed athletic trainers. Athletic trainers are responsible for the prevention, diagnosis, management and treatment of athletic related injuries and illnesses. We are employees of CHI Health that are contracted for Millard North High School. As employees of CHI Health we have many resources at our disposal so feel free to contact us and we can help facilitate appointments with physicians and physical therapists if needed. We also have developed relationships with many other area physicians and physical therapists so we can communicate to best serve the student athletes.
2. Whenever a student athlete sees a doctor in season we need a copy of the note from the physician with the diagnosis and if they are cleared to participate. This is a requirement.
3. The athletic training room opens daily from 1:30-3:00 by appointment only and then at 3:00pm for daily treatments. If kids have a study hall they can come in and see us during those times, however they cannot leave class to come see us in the athletic training room. The training room remains open until 15 minutes after practices or events have completed
4. We are here for all home events. At times we may be on different parts of the campus due to multiple events at one time but we have communication with staff in case something happens while we aren't there so we can get there quickly.
5. Important CHI Health Phone Number for resources:
  - a. [CHI Health Virtual Care](#) is a 24/7 health care service available via phone or video chat. Receive consultations and even prescriptions for minor illnesses from anywhere for \$10. Just call [1 \(844\) 355-2273](tel:18443552273) or [visit us online](#), answer a few questions about your issue, request a virtual visit, and you will be speaking to a live health care provider in minutes.
  - b. Lakeside Orthopedics: 402-717-6870 Cecilia APRN will do walk-in appointments daily. Otherwise Lisa and Brigham can help facilitate this process
  - c. <https://www.mdsave.com/> This is a program for families with high deductibles that allows you to pay a set price in advance for some services.