



## What is OhioHealth Sports Medicine?

OhioHealth Sports Medicine is the largest multidisciplinary sports medicine group in central Ohio dedicated to treating student athletes, college athletes, professional athletes, and the athlete in you.

WE are made up of more than 80 athletic trainers at over 40 high schools, six colleges, six youth sports organizations and more than 40 physicians board-certified in sports medicine, specializing in primary care, non-surgical and surgical orthopedics. Other services include sports medicine physical therapists, occupational therapists, registered dietitians, sport psychologists, and the most comprehensive team of experts for sports concussions in central Ohio.

OhioHealth makes it possible for Lexington Minutemen athletes to access these services within 24-48 hours.

## When Your Athlete Needs to See a Physician

The Sports Medicine Department does not replace the family physician or dictate medical care. The choice of healthcare provider always remains at the discretion of the parents.

We are able and willing to help you find the best physician and medical practice for your son or daughter's injury.

### A physician should be contacted if:

- Problems develop with an injury, the condition worsens or the condition persists for an extended period of time.
- All head injuries assessed as a concussion **MUST** be seen by a doctor — preferably a concussion specialist.

### Return to Play Policy:

All athletes to be evaluated by their family physician, urgent care, ER, etc. **MUST** provide a note from that treating physician indicating the type of injury, course of treatment, and participation status. The note **MUST** be given to the athletic trainer before the athlete can resume participation. Once cleared by a physician the athlete must complete an appropriate progression back to full play at the discretion of the school's medical staff and coaches.

**WE** are dedicated to working together with athletes, their families, coaches, and other healthcare professionals to provide the highest quality of care, treatment and rehabilitation possible and to ensure proper communication regarding the athlete's status and safe return to play.



# Sports Medicine for Student Athletes



Lexington High School  
103 Clever Lane  
Lexington, Ohio 44904  
Phone: (419) 884.1111 Ext. 1505

Lexington Junior High  
90 Fredrick Street  
Lexington, Ohio 44904  
Phone: (419) 884-2112

## Sport Concussion & Traumatic Brain Injury

A concussion is a type of traumatic brain injury (TBI) caused by a blow or jolt to the head. The injury can range from mild to severe and can disrupt the way the brain normally works.

The following progression is a guideline that will be followed by every student athlete who is returning from concussion. This progression is a guideline and maybe lengthened or modified by the school district physician on a case-by-case basis. Before starting Step 1 of the progression, the athlete must be symptom free for 24-48 hours. A minimum of 24 hours must pass before the next step is started.

Step 1 – Light aerobic exercise for 15-20 minutes such as biking.

Step 2 – Light Jog for 15-20 minutes

Step 3 – Sprinting, easy weight training, individual sport specific drills

Step 4 – Non-contact team drills

Step 5 – Full-contact team practice

If at any point during the progression there is a return of the concussion symptoms, the athlete's progression will be stopped until symptom free for 24 hours.

## Taping vs. Bracing

Tape is a medical treatment tool with a specific therapeutic purpose. Appropriate use of tape for injury care will be determined by the athletic trainer and/or physician. Tape will not be given out for non-injury use. Taping may occur following an acute injury.

As the rehabilitation progresses, it will be recommended that the athlete purchase a commercial brace for ongoing injury management and prevention.

## What to do When an Injury Occurs

Injuries are a part of athletics and all sports. A majority of these injuries are minor bumps, bruises and scrapes which require basic first aid and icing. But if left untreated, even the most minor of injuries can become a big problem.

We want to keep your athlete as healthy as possible and participating in their sport when allowed. The following guidelines have been put in place to get your athlete the best care in the fastest way possible:

1. In the event an injury occurs (in or out of sport), the athlete should report it to the athletic trainer. If injuries occur during an away contest or practice the coach should be notified first. All injuries and health concerns must be reported to the athletic training staff. Medical referral will be coordinated through the athletic training staff.
2. In the absence of the athletic trainer, the coach should be notified and will initiate first aid care. The coach will then notify the athletic trainer of the injury incident.
3. The athlete is expected to come into the athletic training room daily for treatment and rehabilitation exercises until they are cleared to return to activity.
4. Injured athletes are expected to continue attending practices and games during the treatment and recovery period.
5. Parents are encouraged to contact the athletic training staff with any questions or concerns related to their child's injury care.

**Call our 24/7  
Sports Medicine Hotline  
(614)-566-GAME (4263).  
Same-day appointments  
available.**

## The Medical Staff Behind Your Sports Teams

### Gennar Feucht, BS, AT, ATC

[Steven.Feucht@ohiohealth.com](mailto:Steven.Feucht@ohiohealth.com)

614-668-0199



Gennar Feucht is a recent graduate from Ohio Northern University in May 2017. During his time at ONU, he was a collegiate wrestler for 2 years where he was an academic All-American. Prior to joining the Lexington Minutemen, he did several clinical rotations including being a student Athletic Trainer at Bath High School for football, and several other sports at ONU. Gennar Feucht is excited to be an active healthcare provider as a new professional for athletic training and understands what it means to be a student-athlete.



### Jaana Motton, BS, AT, ATC

[Jaana.Motton@ohiohealth.com](mailto:Jaana.Motton@ohiohealth.com)

614-378-9446

Jaana Motton is a Columbus, Ohio native. This is Motton's first year with the Lexington School District as Assistant Athletic Trainer. Prior to her start here, Jaana was working as a contingent Athletic Trainer with OhioHealth in central Ohio providing significant coverage for Cristo Rey High School. Jaana earned her B.S. in Athletic Training at Wheeling Jesuit University located in West Virginia in May 2017. While obtaining her degree, she also competed for 4 years and was captain of the Women's Basketball team. Motton is a member of the National Athletic Trainers' Association."

### Craig Fortman, DO

Dr. Fortman is board-certified in family medicine and has completed a comprehensive fellowship program in sports medicine. This unique and specialized dual focus training in both primary care and sports medicine means Dr. Fortman has the expertise to help you and your family achieve your active lifestyle goals.

Dr. Fortman specializes in care for all levels of athletes ranging from recreational or competitive school-age children age 6+, student or collegiate athletes and active adults to professional and elite-level athletes. He has extensive experience in treating the student athlete and is currently serving as the team physician for Lexington High School.

**Dr. Fortman Office Information:  
OhioHealth Primary Care  
Physicians  
375 W. Main Street  
Lexington, Ohio 44904  
(419) 520-3500**

