



Athletic Injury Protocol
Portola High School
1001 Cadence, Irvine, CA 92618



Portola High School (PHS) is fortunate to have a certified athletic trainer to provide comprehensive health care for PHS student-athletes. Athletic trainers are medical professionals who specialize in the prevention, assessment, treatment, and rehabilitation of injuries and illnesses that occur to the student-athlete and the physically active. Athletic trainers offer on-site care for injuries sustained in athletic practices and contests, and they supervise rehabilitation and reconditioning programs to allow for safe return to play. The athletic trainer is also a liaison between the medical community and the coaching staff. This is to ensure that all student-athletes are being cared for with utmost professionalism.

PHS has a standard injury protocol to provide student-athletes with the most effective injury care from prevention to rehabilitation to returning to play. By following the protocol below, student-athletes decrease the risk for future injury as well as insures return to competition in a timely manner.

- Coaches will encourage student-athletes to notify them of an injury the day it occurs, or if symptoms of an injury arise.
- Coaches will send the student-athlete and/or the student-athlete will seek out the Certified Athletic Trainer to report injury. The athletic trainer will assess the severity of the injury and will treat as needed. The athletic trainer will be available to provide care and treatment prior to practice, during athletic practice, and after practice, or they may make special arrangements as needed.
- If a student-athlete realizes they have an injury outside these times or when the athletic trainer is not available they are to report it to their coach and athletic trainer as soon as possible. If it becomes an emergency immediately seek medical care.
- If further medical attention/evaluation is necessary the athletic trainer will contact parents or guardians to set up arrangements with physicians. Parents are encouraged to contact the athletic trainer if they have further questions about an injury. **Communication is key.**
- **After visiting the physician student-athletes must return with a note that must be given to the athletic trainer. The note must:** (1) state the injury, (2) the participation status and (3) be signed by a licensed Medical Doctor. **In the event that the athlete is “not cleared” for participation, the student-athlete may not participate in any PHS athletic activity.** The student-athlete must bring a note from the physician clearing the student-athlete for participation before they may participate in any PHS athletics (i.e. “Cleared for physical activity”).
 - **If an athlete seeks medical attention by any medical professional they need a note clearing them for athletics after assessment/treatment.**
 - If an athlete is held out of competitions or practices by any medical professional (MD, DO, PT, Chiropractor, Acupuncturist etc.) they will need a note clearing them to return to play.
 - **Once a student-athlete has been cleared for full participation by their Medical Doctor they will then go through sport specific functional testing with the athletic trainer to allow for safe return to play (RTP).**
 - **Even if the MD clears the student, the ATC has final say on RTP.**
- If at all possible, please have your student-athletes see our team physicians and recommended support staff/therapists.



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IUSD Team Doctors

Nimish R. Kadakia, MD
 South County Orthopedic Specialist
 22 Odyssey, Suite 205, Irvine, CA 92618
 949-586-3200

David Gazzaniga MD
 Newport Orthopedic Institute
 22 Corporate Plaza Dr. Newport Beach
 949-722-7038 ext. 5008

Chris Koutures, MD, FAAP
 CHOC Concussion Specialist
 500 S. Anaheim Hills Rd Suite 140, Anaheim Hills
 949-974-2200

David Kruse, MD
 Concussion Specialist/Orthopedic Specialty Institute
 280 S. Main Street Suite 200 Orange
 714-937-4898

John Schlecter, DO
 Orthopedics CHOC
 1310 W. Stewart Dr. Suite 508, Orange
 714-633-2111

John Schlecter, DO
 Mission Viejo Office
 25982 Pala Drive Suite 230
 Mission Viejo, CA 92691
 949-600-8800

Kaiser Sports Medicine/ Concussion Doctor

Steven Stappaerts, MD
 Kaiser Permanente
 30400 Camino Capistrano
 San Juan Capistrano, CA 92675

KAISER ORTHOPEDIC CLINIC

949-932-5193 (Dr. Davis*, 6 other MD's)

CHOC Hospital- concussion

Concussion Clinic: 714-509-8402
 Concussion Hotline: 714-509-4054

Recommended Physical Therapists

Amanda Hurst PT, DPT, ATC
 Jonathan Meltzer PT, SPT (baseball PT)
 Rausch Physical Therapy
 30100 Town Center Dr. #Y/Z
 Laguna Niguel, CA 92677

ACIC Physical Therapy
 Stacy Pearl and John Dougherty
 16253 Laguna Canyon Suite 140, Irvine
 949-754-1344

Chris Phillips, ATC
 Compete Sports Performance
 26242 Dimension Dr., Suite 140
 Lake Forest, CA
 (949) 690-1277

Repair Sports Institute
 Newport Beach, CA
 Huntington Beach, CA
info@repairsi.com
<https://www.repairsi.com/>
 (714) 377-4314

Recommended Chiropractor

John C. Greene, D.C.
 Sports Injury and Chiropractic Health Care
 4200 Trabuco Road, Suite 180
 Irvine, CA 92620
JohnGreeneDC@earthlink.net

Recommended Dentist/Oral Surgeon

Dr. Banafsheh Shoushtari "Dr. Shay"
 2 Corporate Plaza #175 Newport Beach, CA
 92660
 (949)335-8657
 PPO Dental Insurances/Aetna/Cigna
<http://www.newportdentalspa.com/>

Dr. Jeffrey Nguyen, DDS, MD
 Irvine Oral Surgery and Dental Implant Center
 4950 Barranca Pkwy Ste 202 Irvine, CA 92604
 O: (949)679-3470
<http://www.oralsurgeonirvine.com/>