



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).**
- 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, Concussions
1310 W. Stewart Dr. Suite 508, Orange
714-633-2111

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

Jonathan Minor, M.D.
Non-Surgical Sports Medicine, Concussions
1310 W. Steward Drive Suite 508
Orange, CA 92868
714-633-2111

Recommended Physical Therapists

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

Coury and Buehler Physical Therapy
Amanda Howard DPT, ATC
24301 Muirlands Blvd., Suite T
Lake Forest. CA 92630
250 E. Yale Loop Suite 201, Irvine
949-265-24

Recommended Chiropractor

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