

Sports Medicine Services at Portola High School

Athletic Training Facility

The Athletic Training Clinic is located in Room 1218. The clinic is located between the pool and the gymnasium. This is the central hot spot for athletes to come and check in with Kathryn (athletic trainer) about injuries, rehabilitation for injuries, concussion management, preparing for practice or game day, to buy nutritional products, or to get post-game recovery. She is here before practice and until the last game of the night.

We have treatment tables, taping stations, whirlpools, exercise and rehab equipment, modalities, first aid supplies, ice, and much more.



Immediate and Emergency Care

Kathryn provides emergency care for injury and illnesses such as:

- Concussion
- Cardiac arrest
- Spine injuries
- Heat stroke
- Diabetes
- Allergic reactions
- Asthma attacks



Examination, Assessment and Diagnosis

Evaluate injuries and illnesses prior to participation, at the time of injury, in the clinic and/or on an ongoing basis to determine the best course of action.

- Pre-participation physical examination (PPE) and patient history
- Range of motion testing and functional testing
- Baseline concussion testing
- Routine injury evaluations
- Return to play decisions



Injury and Illness Prevention and Wellness Protection

ATs promote healthy lifestyles, enhance wellness and reduce the risk of injury and illness.

Wellness Screening.

- Taping, Bracing, etc.
- Stretching
- Strengthening Programs
- Nutritional Guidance
- Baseline



Therapeutic Intervention

ATs recondition and rehabilitate injuries, illnesses and general medical conditions for optimal performance and function.

- Therapeutic and conditioning techniques

- Post-surgical rehabilitation, acute injury rehabilitation, onsite rehabilitation
- Assisting in addressing campus-wide health conditions like COVID19, MRSA, influenza or meningitis
 - Application of braces or splints
 - Treatment of injury or illness
 - Reassess injury status
 - Refer to specialists as necessary

Rehab

- Balance and Coordination Training
- Increase flexibility
- BioFreeze/FlexAll Gels
- Therapeutic Massage
- Strength Training
- Cardiovascular training



Hyper Volt Percussion Massage Device

- Helps relieve muscle soreness and stiffness
- Improves range of motion
- Promotes circulation
- Accelerates warmup and recovery



Air Relax Compression Sleeves

- Improves blood circulation
- promotes lymphatic fluid movement
- helps remove lactic acid
- improves flexibility thus stimulating recovery and enhancing performance



E-Stim

- Electrical pulses to mimic the action of signals coming from neurons
- Muscle recovery sends signals to targeted muscles to make them contract
- By causing repeated muscle contractions, blood flow improves, helping repair injured muscles



Trusted Medical Team

Irvine Unified School District and Portola High School Medical Staff have made great partnerships within our Community. We often will recommend our athletes to one of the places below as our athletes have shown to have great success in recovery and getting back in the game in a safe manor.

**PROUD
SUPPORTERS OF
ATHLETIC TRAINERS
AT EVERY IRVINE
HIGH SCHOOL!**



Products for Sell

Gatorade Products

- Gatorade Products for sale cost \$1.00 each
 - Gatorade Protein Shakes
 - Gatorade Protein Bars
 - Gatorade Fuel Bars
 - Gatorade Energy Chews

