What Is Sports Medicine?

- Sports medicine refers to a broad field of medical practices related to physical activity and sport
- Focus on areas of performance enhancement, injury care, and prevention
The Primary Players on the Sports Medicine Team

Practice of Medicine

Human Performance

Injury Management

Exercise Physiology

Biomechanics

Sport Psychology

Sports Nutrition

Sports Massage

What is Athletic Training?

• Allied health professional that is concerned with prevention, management, evaluation, and rehabilitation of athletic injuries
• Professionals that are highly educated and licensed health care specialists
• Certified Athletic Trainer (ATC)
National Athletic Trainers Association (NATA)

To enhance the quality of health care for athletes and those engaged in physical activity, and to advance the profession of athletic training through education and research in the prevention, evaluation, management, and rehabilitation of injuries.

Roles and Responsibilities of the Athletic Trainer

- Work with athletes from time of injury to resolution
- Directly responsible for all phases of health care in an athletic environment
- May be employed in a variety of settings
  - Colleges/Universities/Secondary schools
  - Sports medicine clinics / Corporate settings
  - Amateur/Professional athletics
Roles and Responsibilities of the Athletic Trainer

- Injury prevention
  - Ensure appropriate training, monitor environment, nutrition, maintain & fitting equipment, appropriate use of medication
- Recognition, evaluation, assessment of injuries
- Immediate care of injuries and illnesses
- Treatment, rehabilitation, and reconditioning
- Health care administration
- Professional development and responsibility

What is a Team Physician?

The team physician must have an unrestricted medical license and be an MD or DO who is responsible for treating and coordinating the medical care of athletic team members.

Responsibilities of the Team Physician

- Athletic trainer works under direct supervision of physician
- Physician assumes a number of roles
  - Serves to advise and supervise ATC
- Physician and ATC must be able to work together
  - Have similar philosophical opinions regarding injury management
    - Helps to minimize discrepancies and inconsistencies
Responsibilities of the Team Physician

- Compiling medical histories and conducting physical exams
  - Pre-participation screenings
- Diagnosing injuries
- Deciding on disqualifications
  - Decisions regarding athlete’s ability to participate based on medical knowledge and psychophysiological demands of the sport
- Attending practice and games

Relationship Among Coach, Athletic Trainer, Team Provider, and Athlete

- Primary concern should be that of the athlete
  - All individuals must work cooperatively in the best interest of the athlete
  - Coach should defer to the medical staff and support decisions regarding athlete’s health care
- Close communication between all parties involved is critical
- All parties must work to develop solid working relationship
Responsibilities of the Coach

• Coach must be aware of the responsibilities of each individual associated with the team
• Coach must understand limits of their ability to function as a health care provider
• Directly responsible for injury prevention

• Construct injury prevention conditioning programs
• Must provide high quality and properly fitting protective equipment
• Apply proper first aid if necessary
• Be CPR and First Aid certified

• Possess appropriate coaching licenses and certifications
• Have understanding of skill techniques and environmental factors associated with sport
• Continuing education
• Function as a coach
Family and the Sports Medicine Team

- Parents will also be involved at the high school and junior high school level
  - Parent’s decision must be of a primary consideration

- Athletic trainer must be prepared to deal with multiple healthcare providers at parent’s request
  - May be dictated via parent’s insurance plan

Other Players on the Sports Medicine Team

- Athletic Trainer
- Physician
- Physician Assistant
- School Nurse
- Physical Therapist
- Massage Therapist
- Nutritionist
- Sport Psychologist
- Coach
- Strength & Conditioning Specialist
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THANK YOU!

“There is no one more important in the athletic care network than the Athletic Trainer”

- Peter A. Indelicato, MD
(UF Team Physician)