

# UPPER ARLINGTON



# GOLDEN BEARS

## Contact Information

Office Phone: 614-487-5281

### Local Ohio State Sports Medicine Care Jameson Crane Sports Medicine Institute

2835 Fred Taylor Drive  
Columbus, OH 43202  
614-293-3600  
Monday- Friday 8:00 a.m. - 5:00 p.m.

### Ohio State AfterHours Care Martha Morehouse Medical Plaza

2050 Kenny Road  
Suite 2250  
Columbus, OH 43221  
614-685-3357  
Monday- Friday 4:00 - 9:30 p.m.  
Saturday- Sunday 10:00 a.m. - 5:30 p.m.

[wexnermedical.osu.edu/sports-medicine](http://wexnermedical.osu.edu/sports-medicine)

Upper Arlington and Ohio State Sports Medicine; partners in keeping athletes safe and on the field.

## What is Ohio State Sports Medicine?

Ohio State Sports Medicine is the largest interdisciplinary sports medicine institute in Ohio. Ohio State Sports Medicine has the best experts completely dedicated to the care and treatment of not only high school, college and professional athletes but the athlete inside everyone. We know that no two injuries are the same, so we focus on providing personalized care and educating patients on their injury and treatment options.

The Ohio State Sports Medicine team is made up of over 20 athletic trainers, over 20 board certified physicians in sports medicine and orthopedic surgery, physical therapists, registered dietitians and sports psychologists; across 15 different locations in Ohio.

## Return to Play Policy

### Sports Injury

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.



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# Upper Arlington's Ohio State Sports Medicine Team

Upper Arlington Golden Bears is supported by sports medicine fellowship trained physicians and licensed athletic trainers who specialize in preventing, recognizing, managing and rehabilitating sports injuries. Our board certified sport specialists in dietetics and sport psychologists can also help optimize your health and performance on the field.

View all of our providers at: [wexnermedical.osu.edu/sports-medicine/our-team/clinicians](http://wexnermedical.osu.edu/sports-medicine/our-team/clinicians)

## Physicians



**James Borchers, MD**

Sports medicine care for acute sports injuries, overuse sports injuries and chronic musculoskeletal conditions.



**Grant Jones, MD**

Orthopaedic surgeon with special interest in the shoulder, elbow and knee.

## Athletic Trainers

Learn more at: [wexnermedical.osu.edu/sports-medicine/treatments/athletic-training](http://wexnermedical.osu.edu/sports-medicine/treatments/athletic-training)



**Tom Evans, AT**

Thomas.Evans@osumc.edu



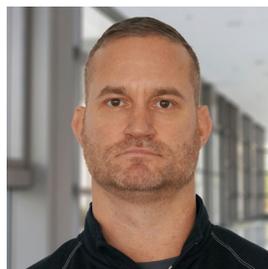
**Katelyn Stahl, AT**

Katelyn.Stahl@osumc.edu

## Sports Performance

Sports performance experts help athletes improve strength, power and speed to maximize their game.

Learn more at: [wexnermedical.osu.edu/sports-medicine/treatments/performance](http://wexnermedical.osu.edu/sports-medicine/treatments/performance)



**Drew Alheim**

Drew.Alheim@osumc.edu

# Concussions & Ohio Law

## Summary of Ohio HB 143

- A coach, referee or official of a youth sports organization/school must remove an athlete exhibiting signs, symptoms or behaviors consistent with having sustained a concussion or head injury from practice and/or competition.
- Athletes are prohibited from returning to play on the same day they are removed.
- Athletes cannot return to play unless they have been assessed and cleared by a physician or any other licensed health care provider working in collaboration with a physician that is authorized by the school or youth sports organization.
- A parent or legal guardian must sign a Ohio Department of Health concussion and head injury information sheet to be kept on file with the school for all athletes participating in an interscholastic activity.
- Coaches must hold a current Pupil Activity Permit from the Ohio Department of Education and successfully complete an online concussion training program every three years. Referees must also complete one of these.

## Signs of a concussion

- Appears dazed or stunned
- Appears confused
- Moves clumsily
- Answers questions slowly
- Loses consciousness
- Shows behavior or personality change
- Cannot recall events before the concussion
- Cannot recall events after the concussion

## Concussion Symptoms

- Headache
- Nausea
- Balance problems
- Dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems



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