

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 Outpatient Care
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

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 athletic trainers, 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.



THE OHIO STATE UNIVERSITY

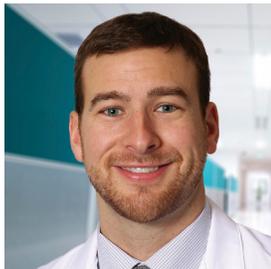
WEXNER MEDICAL CENTER

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

Physicians



Michael Jonesco, MD
Sports Medicine Physician



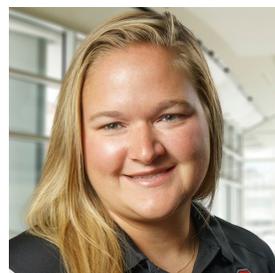
Grant Jones, MD
Orthopaedic Sports Medicine Physician

Athletic Trainers

Learn more at: 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

Kasey White
Kasey.White@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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