



Mary Rutan Hospital
THERAPY & SPORTS MEDICINE

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Dear Parent/Guardian,

Welcome to the 2023-2024 school year. The purpose of this letter is to share important information about the athletic trainer (AT) at your student athlete's school. Athletic training services are provided at no cost to the school by Mary Rutan Hospital (MRH). The AT works in conjunction with and under the direction of Dr. Nicholas Peters, who is an Ohio State University, sports medicine trained, orthopedic surgeon working at MRH. Your AT also works in collaboration with primary care medical providers, chiropractors, and other specialists outside of MRH.

When a student athlete experiences an injury or significant illness, it is the AT's responsibility under their license and the Ohio Practice Act, to ensure that an evaluation of the athlete is completed. The outcomes of an evaluation of the injury may be conservative treatment, referral to a medical provider, referral to emergent care or return to play testing.

- Treatment completed by the AT may include but is not limited to: range of motion, taping, pain control modalities, therapeutic exercises and return to sport progression. If at any time, the injury is not improving or appears to be getting worse, the AT will refer the athlete to be seen by a medical provider. As a part of the referral, the AT will give you a form to take to the medical provider with information regarding the injury. When this referral occurs, the AT will contact you via phone, when possible. Please feel free to also reach to the AT when you have an injured student athlete so that follow up will be well coordinated between you and the trainer working with your student.
- When a visit to a medical provider occurs due to injury, the AT will need some written documentation from the provider stating the nature and severity of the injury, any treatment guidelines, and the student's sport participation status.
- After an injury, if your student athlete was not seen by a medical provider but is under the care of an athletic trainer they must pass functional return to sport testing. If there are health or safety concerns with your student athlete's functional performance, the AT may withhold your student athlete from competition or practice until they can pass functional testing without concern for re-injury. Sometimes testing as well as participation in a full practice is necessary prior to returning to the rigors of competition.
- After an injury, if your student athlete was seen by a medical provider the AT will need the medical provider to provide written documentation of the injury diagnosis, the injury severity, and the status of participation in practices. If your student athlete is released to return to play by their medical provider, they must present written documentation indicating participation clearance by the medical provider. Additionally, your child must complete a functional return to sport progression followed by return to sport testing after being cleared by their provider and prior to returning to competition.

The Mary Rutan Hospital Sports Medicine team is dedicated to the health and safety of your student athlete. We will work to provide you with the best information regarding your student athlete and strive to provide you with the best options for their immediate care, diagnosis, treatment, and return to sport. We look forward to working with your student athletic and with you in the upcoming school year.