



# *Sports Safety Clinic*

Monday June 7, 2010



## ***Program***

**12:00 pm –12:05 PM Introduction**

**12:05 – 12:25 PM Sports Injury Prevention**

**\*Terry L. Nelson, MD**, Sports Medicine Specialist, K-Valley Orthopedics  
Team Physician Western Michigan University, Kalamazoo

- Importance of pre-participation physicals
- Common sports injuries, Dehydration, Overuse, Prevention
- Spotting Cardiac issues, Management
- Emergency action plan – child emergency cards, phones, when to call 911, referrals, etc

**12:25 – 12: 45 Concussions**

**\*Karen Bergman, R.N. PhDC** – Neuroscience Program Coordinator, BMH  
- Prevention, Assessment, Management, Return to play criteria.

**12:45 – 1:05 PM Panel (Q&A)**

- \*Allissa Aldrich, Physical Therapist, Athletic Trainer, BVH
- \* Karen Bergman, R.N. PhDC – Neuroscience Program Coordinator, BMH
- \*Scott Michel M.A., Head Athletic Trainer – Kalamazoo College
- \*Jeff Wilson M.A., Athletic Trainer – KVO
- \* Terry Nelson M.D. - Sports Medicine Physicians - KVO

**1:05 – 1:25 Hands-On**

- \* **Jeffery K. Willson MA, ATC**, Director, High School Programs  
K-Valley Orthopedics, P.C. Southwestern Michigan Sports Medicine Clinic
- \***Scott Michel M.A., ATC**, Head Athletic Trainer, Kalamazoo College
- \***Allissa Aldrich, DPT, ATC**, Bronson Vicksburg Hospital  
- The R.I.C.E Principle, wrapping, splinting, warm up and stretching.

**American Red Cross Sports Safety Training Handbook – available for \$10 donation**