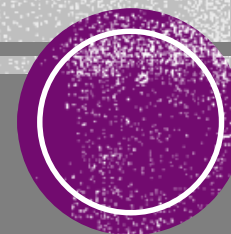


**JMU UREC ATHLETIC
TRAINING SERVICES**



MEET THE STAFF

- Scott Powers, MS, LAT, ATC, ITAT
 - Team Lead Athletic Trainer



- Meghan Shifflett, MS, LAT, ATC, PES, ITAT
 - Athletic Trainer



- Shana Sherman, LAT, ATC, ITAT
 - Athletic Trainer



- Nicole Lichtenwalner, MS, LAT, ATC, CEAS I
 - Athletic Trainer



LOCATION & HOURS

- Second Floor in Wellness Center
 - Up the stairs to your right
 - Phone:540-568-8764
 - urecatr@jmu.edu

- Monday – Thursday: 11am-8pm
- Friday: 11am-6pm



SERVICES OFFERED

- Walk in clinic
- Service offered free to JMU students
 - Treat recreation, club, intramural, ROTC and faculty members
- Minor to Severe
 - First Aid, chronic injuries, acute injuries, post-operative
 - Act as patient navigators if using Sentara medical services
- Connection to health services on campus
 - Dr. Weber for Orthopedics as well as Univ Health Physicians
 - Academic Accommodations if necessary
- Cover Rugby and Lacrosse directly due to being high risk
 - Satellite ATR East Campus fields



CONCUSSION MANAGEMENT

- When In Doubt Get Checked Out
- S&S: Headache, nausea, dizziness, concentration problems
- Could be long term effects if left untreated
 - Minor (lengthy recovery) vs. Severe (Second Impact Syndrome)
- SCAT5 evaluation
- Daily Symptom Sheet
- Refer to Health Services for academic accommodations
- Symptom Free for 24 hours begin RTP Protocol
- Individualized Care
 - Vestibular, Ocular, Active Rest



RTP PROTOCOL

Protocol Once Asymptomatic for 24 hours	
Day 2	20 min on stationary bike @ 10-14 mph
Day 3	30 sec. sprints @ 18-20 mph w/ 30 sec. recovery 10x. 3 sets squats, push-ups, and sit-ups
Day 4	10 sets of 60 yd. shuttle run w/ 40 sec. recovery, 3 sets 10 yd. power skipping, 10 med ball squat throws, 10 vertical jumps. 15 min. sport specific drills
Day 5	IMPACT follow up test, if back to baseline or better may progress to limited practice (no head contact)
Day 6	SCAT5, compare to post-injury
Day 7	Full Return to Participation if cleared by Athletic Trainer





QUESTIONS

