

Returning to Play?

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The logo features the word "SMART" in large, bold, blue capital letters. To the left of the "S" is a stylized graphic of a hand with fingers pointing upwards. To the right of "SMART" is the word "SERIES" in smaller, blue capital letters, oriented vertically.



Disclosures

- No financial disclosures
- I work with WIAA, NFL, Green Bay Packers – this talk represents my personal opinions and not policy for any of the entities
- This will not discuss every option or situation, but helps set a framework for how to approach these tricky issues



Return to Play Issues

- **Create protocol**

- Work with athletic director (and coaches) to have this in writing
- School AT / team physician should have final say
 - If disagreement with outside provider – reach out by phone to discuss

- **Communication is key**

- Establish relationships and review protocol with coaches in preseason
 - Athletic Director involvement
- Preseason athlete and parent meeting to review RTP decisions

- Our goal is not to help the team win games, but to **keep the athlete safe, healthy, and able to participate** (now and as they age)



Acute problems: Don't play

- **Purposefully avoiding certain things:**

- » Chronic disorders: Uncontrolled seizure, diabetes, etc.
- » Cardiopulmonary disorders
- » Concussion

- **Contagious illness:**

- » Fever
- » Vomiting
- » Diarrhea
- » Skin conditions / Eye drainage

- **Musculoskeletal:**

- » Impaired ROM – limping, throwing differently, etc.
- » Impaired strength
- » Inability to effectively
 - Football DB – backpedal & turn at full speed
 - Wrestler – hold position & shoot

RTP Thought Process

- If you don't think they can go – they should not go
- If you think they could go
 - But athlete says no – support them, but figure out situation and rationale later (*more privacy*)
 - But parent says no - support them, but figure out situation and rationale later (*more privacy*)
 - Ideally the preseason meetings should be used to set the expectations establishing when parents can/should come down to the field of play/training room
 - But coach says no (*don't want risk, think player is still off*) – support them and support the player that will likely feel disappointed, hurt, angry, nervous
 - Circle back with coach to encourage a positive conversation with athlete