

Just in Time: Sideline Coverage

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The logo features the word "SMART" in a large, bold, blue sans-serif font. To the left of the "S" is a stylized graphic of a hand with fingers spread. To the right of "SMART" is the word "SERIES" in a smaller, blue, sans-serif font, oriented vertically.



Disclosures

- I work with the WIAA, NFL, and Green Bay Packers
 - All statements made today are my opinions & do not necessarily reflect the views of any of the above organizations



Sideline Coverage – Arrive Early

- Introduce yourself to the athletic trainers & coaching staff
 - Including your opponent
 - With athletic trainers:
 - Discuss what happens if a player needs EMS (or c-spine precautions)
 - Discuss when you should go onto the field of play
 - Discuss how to communicate and hand-off
- Introduce yourself to the officials
 - Empower them to let sideline know if they “see something”
- Documentation – I encourage it
 - Simple post-game documentation of injuries (even if just in a notebook)
 - Consider checking in the following week (?through AT or call?)
- Check in with ATs before leaving



When in Doubt, Hold Them Out

- Evaluation at higher levels of play may be quicker
 - Adult patients, better understanding of process
- Always watch for injury
 - Take longer to get up
 - Holding hands to helmet/head
 - Not preparing for next play as quickly (?confusion)
- No-Go Criteria
 - LOC (fencing posture, impact seizure)
 - Gross Motor Instability
 - Confusion
 - Amnesia
 - Reporting symptoms or abnormal exam
- Concussion – if maybe (stay out)
 - Acknowledge that being out this game is not what the player wants
 - Check tomorrow –if not concussion, then will be back to practice and playing next week
 - If return early & get another concussion, turns an injury that should recover relatively quickly into a slower month plus recovery