



What is OhioHealth Sports Medicine?

OhioHealth Sports Medicine Institute is the largest multidisciplinary sports medicine group in central Ohio dedicated to treating student athletes, college athletes, professional athletes, and the athlete in you.

WE are made up of more than 130 athletic trainers at over 60 high schools, with more than 50 physicians board-certified in sports medicine, primary care physicians, orthopedic surgeons, sports medicine physical therapists, occupational therapists, registered dietitians, sports psychologists, and the most comprehensive team of experts for sport concussions in central Ohio.

OhioHealth makes it possible for your Lexington athletes to access these services within 24-48 hours.



What to do When an Injury Occurs

Injuries are a part of athletics and all sports. A majority of these injuries are minor bumps, bruises and scrapes which require basic first aid and icing. But if left untreated, even the most minor of injuries can become a big problem. We want to keep your athlete as healthy as possible and participating in their sport when allowed. The following guidelines have been put in place to get your athlete the best care in the fastest way possible:

1. In the event an injury occurs (in or out of sport), the athlete should report it to the athletic trainer. If injuries occur during an away contest or practice the coach should be notified first. All injuries and health concerns must be reported to the athletic training staff. Medical referral will be coordinated through the athletic training staff.
2. In the absence of the athletic trainer, the coach should be notified and will initiate first aid care. The coach will then notify the athletic trainer of the injury incident.
3. The athlete is expected to come into the athletic training room daily for treatment and rehabilitation exercises until they are cleared to return to activity.
4. Injured athletes are expected to continue attending practices and games during the treatment and recovery period.
5. Parents are encouraged to contact the athletic training staff with any questions or concerns related to their child's injury care.

WE are dedicated to working together with athletes, their families, coaches, and other healthcare professionals to provide the highest quality of care, treatment and rehabilitation possible and to ensure proper communication regarding the athlete's status and safe return to play.



Lexington High School
103 Clever Lane
Lexington, Ohio 44904
Phone: (419) 884.1111 Ext. 1505

Lexington Junior High School
90 Frederick St.
Lexington, Ohio 44904
Phone: (419) 884.2112



Sports Medicine for Student Athletes

Lexington Local School District



(614) 566-GAME (4263)
OhioHealth.com/SportsMedicine
Twitter @OHSportsMed



Traumatic Brain Injury

A concussion is a type of traumatic brain injury (TBI) caused by a blow or jolt to the head. The injury can range from mild to severe and can disrupt the way the brain normally works.

The following progression is a guideline that will be followed by every student athlete who is returning from concussion. This progression is a guideline and maybe lengthened or modified by the school district physician on a case-by-case basis. Before starting Step 1 of the progression, the athlete must be symptom free for 24-48 hours. A minimum of 24 hours must pass before the next step is started.

Step 1 – Light aerobic exercise for 15-20 minutes such as biking.

Step 2 – Light Jog for 15-20 minutes

Step 3 – Sprinting, easy weight training, individual sport specific drills

Step 4 – Non-contact team drills

Step 5 – Full-contact team practice

If at any point during the progression there is a return of the concussion symptoms, the athlete's progression will be stopped until symptom free for 24 hours.

Taping vs. Bracing

Tape is a medical treatment tool with a specific therapeutic purpose. Appropriate use of tape for injury care will be determined by the athletic trainer and/or physician. Tape will not be given out for non-injury use. Taping may occur following an acute injury.

As the rehabilitation progresses, it will be recommended that the athlete purchase a commercial brace for ongoing injury management and prevention.

When Your Athlete Needs to See a Physician

The Sports Medicine Department does not replace the family physician or dictate medical care. The choice of healthcare provider always remains at the discretion of the parents.

We are able and willing to help you find the best physician and medical practice for your son or daughter's injury.

A physician should be contacted if:

- Problems develop with an injury, the condition worsens or the condition persists for an extended period of time.
- All head injuries assessed as a concussion MUST be seen by a doctor — preferably a concussion specialist.

Return to Play Policy:

All athletes that are evaluated by their family physician, urgent care, ER, etc. MUST provide a note from that treating physician indicating the type of injury, course of treatment, and participation status. The note MUST be given to the athletic trainer before the athlete can resume participation. Once cleared by a physician the athlete must complete an appropriate progression back to full play at the discretion of the school's medical staff and coaches.

NEED MORE
INFO?

Call our 24/7 Sports
Medicine Hotline
(614) 566-GAME (4263).
Same-day appointments
available.

The Team Behind Your Team

As the official healthcare provider for your school, OhioHealth makes it possible for student athletes to access these services within 24-48 hours.



Colton Ullman, AT

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(419) 685.1308

Colton Ullman graduated from Ashland University in 2020 where he was a collegiate wrestler for 2 years and earned a B.A in athletic training. Prior to joining the Lexington Minutemen, he was the Athletic Trainer at River Valley High School. As well as several clinical rotations with many sports at AU as well as covering fall sports at local high schools. Colton started at OhioHealth in 2020 and is excited to be the active healthcare provider for Lexington High School.



Chistan White AT

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Chistan White is a New Jersey native. He is a graduate from Otterbein University where he competed as a 4-year varsity lacrosse athlete, and earned his B.A in athletic training. Prior to his start as an OhioHealth athletic trainer in 2017 he served as graduate assistant athletic trainer at Prairie View A&M University. As well as an athletic training internship with the Atlanta Falcons. Chistan is a member of the National Athletic Trainers Association and excited to be a part of Lexington School District.

Brandon Crouch, MD

Team Physician

Dr. Crouch is board-certified in family medicine and has completed Residency programs at West Virginia University and at Grant Medical Center in Columbus, Ohio. He was born and raised in Indiana, graduated from Purdue University in 2005 and went to medical school at American University graduating in 2011. He specializes in healthcare for athletes of all levels: children ages 6+ to high school as well as active adults of all abilities. He is the team physician for the Lexington Junior High and High School.

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