

Physiotherapy Associates

Soccer Coach,

2013 State Tournament Sports Medicine Information:

Physiotherapy Associates provides the Athletic Training and Sports Medicine services to the IHSA state boy's soccer tournament. We provide a certified athletic trainer for each field during tournament play. The athletic trainers arrive to the complex 90 minutes before the first match each day. We are located in a tent marked with a Physiotherapy Associates banner. Please contact me via the numbers listed below if you have any questions, concerns, or needs prior to (or during) the tournament.

1. Licensed – Certified Athletic Trainers are on the sidelines for each game. They will be located between the two team benches. The Athletic Trainer will introduce themselves to a coach prior to the start of your team's first game of the tournament.
2. Water is available for your players. A cooler will be located on the team bench area of the game field. **I recommend that you bring team water bottles with you to fill for your game and ask that you stress hydration measures to your players prior to, during, and following play at the tournament to prevent dehydration episodes.**
3. We recommend you to stock and bring your team medical/tape kit to use for routine pre-game taping needs as you would any road game. Medical supplies will be available for use during the tournament. Contact one of our Athletic Trainers for assistance with pre-game needs.
4. Modality treatments (heat, ultrasound, electrical stimulation, etc) will not be available at the tournament site. If such treatments are needed for your athlete(s), please contact me prior to the start of the tournament so arrangements can be made within our local facilities. We have office locations a short distance from the soccer complex.
5. Please bring your player emergency information sheets/cards with you to the tournament.
6. A team of medical providers (physicians, dentists, emergency rooms, etc.) is available to us, should the need arise while you are in Des Moines. Contact me for assistance with connections to these professionals.
7. Our Athletic Trainers will tend to injured players on the field once play has been stopped by the official and the official has determined assistance is necessary.
8. If your team's Certified Athletic Trainer will be attending your games, please have them contact me prior to the tournament or contact a member of our staff upon arrival at the game site. Our staff is available to assist them. Your athletic trainer can also contact me prior to the tournament with any specific requests if they are unable to be with your team.
9. **Head Injuries / Concussions:** The medical staff working the state tournament utilizes a protocol regarding the definition, care, and return-to-play guidelines as outlined by the CDC, the NFHS, and the 4th International Conference on Concussions (Zurich November 2012) for head injuries sustained during IHSA athletic tournaments. Any deviation from this protocol must be discussed between the student's primary medical care provider and the tournament physician prior to clearance for participation. **The boys' state soccer tournament physician has final authority regarding an athlete's return to participation following a head injury.** Emphasis points within the protocol are:
 - Athletes showing signs, symptoms or behaviors of a head injury will be removed from play.
 - Athletes will be medically evaluated and a recommendation for follow-up care will be provided.
 - Athletes must perform a medically supervised return-to-play plan starting with a 24-hour symptom free period.

Congratulations to you and your team on qualifying for the 2013 state tournament!

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