Scott Orthopedic Center has partnered with St. Mary’s Regional Neuroscience Center to provide baseline Concussion Tests to area high schools and middle schools. Dr. Stanley Tao is the Director.

The management of sports related concussion is a very hot topic in sports medicine. Much debate exists about the determination of safe return to participation once concussion has been diagnosed. From a medical standpoint, it is important to understand that this is a traumatic brain injury with well documented metabolic dysfunction. There is a dysfunction in the brain that may not be seen for 2-3 days after injury and may last for several weeks. It is this metabolic dysfunction that may lead to further neurological insult with another trauma (secondary impact). It is assumed that proper management of concussion should lead to good prognosis and no long term harmful effects. Conversely, returning an athlete to participation prior to complete recovery may increase the risk of lingering, long term, or catastrophic neurologic sequelae.

Diagnosing and determining lingering difficulties has been problematic in the past. Imaging studies are useful for intra-cranial pathology but insensitive for subtle effects of concussion.

Self reporting by athletes is also unreliable. Research has now introduced computerized neuropsychological testing for diagnosing and managing concussion.

**ImPACT ® (Immediate post-concussion assessment and cognitive testing)** tests verbal memory, visual memory, reaction time, and processing speed. It also assesses subjective symptom scores and has a built in validity check. This test is being implemented by Scott Orthopedic Center to local high school and middle school athletes in high risk sports before the season begins. This allows an individual baseline study to which another test can be compared after an injury that results in a concussion. The results are valuable in determining both prognosis and recovery from the injury. This does not substitute for actual medical evaluation.

Certain symptoms have been related to more prolonged recovery. These would include “dizziness” related symptoms and migraine type symptoms. Proper clinical management is key to preventing poor outcomes.

Treatment options include removal from exertional activities, high stimulus activities (including school), vestibular therapy, exertional therapy, and selective medications.

A copy of the **ImPACT Program Management Guidelines** are listed on Page 4.
In Addition to Comprehensive orthopedic care, our special areas of treatment include:

**Senior Care:**
The orthopedic care of our senior population is an integral aspect of our practices mission. Our physicians offer the latest technology and experience for joint reconstruction, fracture care and joint replacement. They have experience in diagnosing and managing degenerative joint diseases such as arthritis.

**Joint Replacement Center:**
Since 2008, we have partnered with the St. Mary’s Regional Joint Replacement Center, which is the first in West Virginia and the Tri-State to earn the distinction of Gold Seal of Approval from the Joint Commission. We offer comprehensive surgeries and provide advanced care in hip and knee replacement and reconstruction. We sponsor and participate in community programs that educate our seniors on how to lead healthier, more comfortable and active lives, as well as emphasize effective strategies for managing osteoarthritis, rheumatoid arthritis, osteoporosis and fractures.

**Sports Medicine:**
Sports Medicine and Scott Orthopedic Center have been synonymous for many decades and we strive to continue the partnership. From our Physicians stepping up to provide coverage to Marshall University’s athletes following the horrific plane crash in 1970, to the present day we have strived to be a leader. In addition to caring for Marshall University Athletics from the 70’s through 2009, we were pioneers who designed a High School Outreach Program to area high schools that did not have the services of a full-time Certified Athletic Trainer. This program was designed to provide high quality medical care to your school and has evolved to where we now provide Full-time Certified Athletic to four area high schools.

Our goal is to promote good health and safety in sports and support programs that promote good health, strong families, youth leadership and community development.

We will continue to strive to be a leader providing innovative sports medicine programs and services to our community.

Realizing the importance of our youth today and the effect they will have on the future of the Tri-state area, we entered into a joint venture with the YMCA in the spring of 2008 by purchasing the naming rights to the Soccer Complex at the YMCA Kennedy Center. The YMCA youth soccer programs have spring and fall seasons. Scott Orthopedic Center provides on-site services by one of our Certified Athletic Trainers for these Saturday youth soccer games.

The Scott Orthopedic Soccer Complex also was one of the sites for the recent Region I US Soccer tournament which brought 5,000 players and their families to the Huntington area.

Other venues to which we have provided athletic trainer coverage are the Huntington St. Joseph Basketball Tournament, Huntington League 3 Little League, and The 9 & 10 year old Baseball Tournament of Champions. We provided coverage for St. Mary’s Medical Center’s Triathlon along with sponsoring and providing medical coverage to the McDonalds Tri-State Criterion Bike Race.

**Other services we provide are:**

**Sports Injury - Quick Access:** Area coaches and/or athletic trainers will have immediate access and can have their student athletes seen within 48 hrs. from contacting our office. (In most cases they can be seen the same day or next day).

**Walk-In Clinics:** We provide walk-in clinics for Hand and Upper Extremity, Foot and Ankle, and Sports Injuries. These are described on the next page in detail.
Walk-In Clinics Provide Timely Quality Care

Scott Orthopedic Center has been innovative by offering walk-in clinics for many years to help provide quality care to our patients in a timely manner. This concept first started with the Saturday morning walk in sports injury clinic during football season over 35 years ago.

We have expanded our services to include Walk-In Clinics for patients with Hand and Upper Extremity injuries, Foot and Ankle fractures and injuries and Sports Related injuries and conditions. Our physicians have completed specialized training for treatment and problems of the Hand, Arm, Shoulder, Hip, Knee, Foot and Ankle, as well as Sports Related injuries.

Our Walk-In Clinics include;

**Sports Injury Clinics:** These clinics are the longest running Sports Injury Clinic in the area and feature only Board Certified Orthopedists. These clinics are open to sports related injuries for athletes at all levels of participation and ages. It was enhanced in 2007 to be offered on Monday evenings at 4:30 PM and go year round for all sports, and levels of participation. By having this clinic at 4:30 PM it allows parents to accompany their son/daughter and not have to miss work or give up time on a Saturday.

Since most athletic injuries should be evaluated by an orthopedist, there is no need for referral to another office or department before treatment begins. Certified Athletic Trainers and/or Physical Therapists are also on-site.

**Hand and Upper Extremity Clinics:** This very successful clinic was introduced 20 years ago. This clinic is staffed by our Hand Surgeons who are Board Certified in Orthopedics and Fellowship Trained in Hand Surgery.

This clinic is open for acute fractures and acute open wounds of the upper extremity. Local physicians or hospital emergency rooms may refer patients directly for treatment on the following days, Monday, Wednesday & Thursday at 7:30 AM. We ask patients to arrive NPO (No food or drink after midnight) and bring a copy of their x-rays. This policy provides for timely treatment of these injuries and in some cases they go directly to surgery the same day.

**Foot and Ankle Clinics:** This clinic was started in 2002 and since 2007 it has been staffed by Kevin D. Brown, DPM who is Board Certified in Foot and Ankle Reconstructive Surgery, and is open to patients specifically referred by local physicians or hospital emergency rooms. This clinic is on Monday, Wednesday, and Thursday mornings at 7:30 AM.

For questions or more information, Call Scott Orthopedic Center (304) 525-6905 or visit our website: www.scottorthopedic.com
**ANNOUNCEMENTS:**

**ImPACT® Program Management Guidelines:**

**Step 1:** Preseason Baseline Testing and Education

**Step 2:** If Concussion is suspected, remove from activity and refer to concussion specialist for evaluation.

**Step 3:** Supervised Post-Injury Test 24-72 hours after injury. Treatment Plan to coordinate care and referral if necessary.

**Step 4:** If Post-Injury Test is within Normal Range of Baseline Test start stepwise Return to Play Progression. If Post-Injury Test is not within normal range additional testing may be needed.

**Step 5:** Determining Safe Return-to-Play. If No Recurring Symptoms at Rest or Following Physical or Cognitive Exertion athlete shall progress from Non Contact to Full Activity.

**Sports Medicine Staff to provide Full-time Athletic Trainers to Area Schools.**

For the 2011-12 school year Scott Orthopedic Center will be providing full-time Certified Athletic Trainers to the following area schools:

- South Point H.S. (OH), since 2007
- Chesapeake H.S., (OH)
- Fairland H.S., (OH)
- Cabell Midlands HS (WV)

In addition Scott Orthopedic Center’s Sports Medicine Staff will continue to provide event coverage for community events.

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