

## Sports Medicine

### Your Sports Medicine Team

San Francisco Unified School District has joined with the University of California, San Francisco (UCSF) PlaySafe Program to provide certified athletic trainer and their services for its student-athletes.

Certified Athletic Trainers (ATs) are highly qualified, multi-skilled health care professionals who render service or treatment, under the direction of or in collaboration with a physician. For more information about athletic trainers visit [nata.org](http://nata.org) and [atyourownrisk.org](http://atyourownrisk.org)

Services provided by ATs include:

- Primary care
- Injury and illness prevention
- Wellness promotion and education
- Emergency care
- Examination and clinical diagnosis
- Therapeutic intervention and rehabilitation of injuries and medical conditions



<b>Athletic Trainer</b>	<b>High Schools</b>
Gina Biviano	Academy & Lowell
Katie Elston	Galileo
Dominique Farris	Washington
Kayla Gradillas	Balboa
Elise Hammond	Lincoln & O'Connell
Derek Hirai	Burton, Jordan & SF International
Hally Tappan	Marshall & Mission
<b>PlaySafe Website: <a href="http://PlaySafe.ucsf.edu">PlaySafe.ucsf.edu</a></b>	

UCSF's Sports Medicine providers including doctors, surgeons, physician assistants, and nurse practitioners volunteer their time to the PlaySafe Program. Several of our doctors serve as team physicians for our schools and can be found on the sideline during football games and large athletic competitions alongside the athletic trainers.

## Sports Medicine

Specialty	Name
Primary Care Sports Medicine Physicians	Cindy Chang, MD , CAQSM
	Anthony Luke, MD, MPH
	Carlin Senter, MD
	Kristin Wingfield, MD
Orthopedic Surgeons	Christina Allen, MD
	Nicholas Colyvas, MD
	Brian Feeley, MD
	Drew Lansdown, MD
	Elly LaRoque, MD
	Benjamin Ma, MD
	Alan Zhang, MD
Pediatric Orthopedic Surgeon	Nirav Pandya, MD
Physician Assistants	Kathryn (Casey) Jones, PA-C
	Wendy Vining, PA-C



## Pre-participation Physicals

You need a new sports physical every year to participate in interscholastic sports. This helps to ensure you're healthy and reduces the risk of preventable death in sport.

Every year, the PlaySafe program organizes free sport physicals with cardiac screenings for 500 student-athletes. This mass physical event happens once a year and is hosted at the UCSF Orthopaedic Institute. For more information check out the PlaySafe website, [playsafe.ucsf.edu](http://playsafe.ucsf.edu).



\*Visit the [Bylaws/Forms](#) page for all medical forms the CIF requires for sports participation

## Special Topics in Sports Medicine

- World Anti-Doping Association – [www.wada-ama.org](http://www.wada-ama.org)
  - [Banned Substance List](#)
- US Department of Health and Human Services – [www.hhs.gov/opioids](http://www.hhs.gov/opioids)
  - [Opioids](#)
- Centers of Disease Control – [cdc.gov](http://cdc.gov)

## Sports Medicine

- [Concussions](#)
- Sudden Cardiac Arrest Foundation – [sca-awareness.org](http://sca-awareness.org)
  - [Sudden Cardiac Arrest](#)
- Nutrition – [www.nutrition.gov](http://www.nutrition.gov)
  - [Eating for Exercise and Sport](#)

## Injury Information

### Immediate Injury Care

P	protection	Prevent further injury by stopping pain producing activities and utilizing immobilization (braces, slings) and crutches.
R	rest	Give the injured part time to heal
I	ice	Reduce pain. Ice for 20 minutes every 1-2 hours.
C	compression	Reduce swelling with ace wraps, compression sleeves/stockings, etc
E	elevation	Reduce swelling by keeping the injured body part elevated above the heart when possible



For acute injury management and rehabilitation programs visit [sportsrehab.ucsf.edu](http://sportsrehab.ucsf.edu) . Get some initial guidance until you're able to see a healthcare provider about your injury

## Sports Medicine

### When to see a doctor

If you've been injured and are having any of the following, you may want to schedule an appointment with a doctor. *Anytime you see a medical provider at a medical facility, please obtain a note from your provider regarding sport participation status and return it to your coach and/or athletic trainer.*



- Did you feel/hear a pop followed by immediate swelling and now feel like your joint is unstable?
- Does it feel like your joint is catching or getting stuck during certain movements?
- You're unable to put weight on your foot, ankle, knee, leg, and hip?
- You're unable to make a fist, hold anything that weighs more than a cell phone, turn your wrist from a palm up to a palm down position.
- Have you developed any skin issues such as rashes, sores, discolorations, and/or new bumps or moles?
- Do you feel your heart skip a beat or beat irregularly during and/or after exercise?
- Do you have trouble catching your breathe after exercise?
- If you've been suspected of sustaining a concussion, California State law requires you to schedule an appointment with a licensed healthcare provider for evaluation.



### Concussions

The PlaySafe program works closely with UCSF's Sports Concussion Clinic to help get student-athletes suspected of a concussion get into to see a concussion specialist quickly. For more information visit the Sports Concussion website, [sportsconcussion.ucsf.edu](http://sportsconcussion.ucsf.edu).