

Contra Costa College Sports Medicine

Sports Medicine Mission Statement

The mission of the Sports Medicine Department at Contra Costa College is to provide high-quality healthcare to our student-athletes, ensuring their safety and well-being. Our program strives to offer individualized, compassionate, and efficient care that prioritizes the needs of each student-athlete with evidence-based practices. Our program emphasizes not just physical health, but also the mental and emotional well-being of student-athletes.

What is Athletic Trainer?

An Athletic Trainer (AT) is an allied health professional who provides preventative care, emergency care, clinical assessment, therapeutic intervention, and rehabilitation of injuries specific to athletic populations. ATs collaborate with physicians and other allied health professionals to manage athletic injuries.

CCC Athletic Trainer

Mina Tsukahara MS, AT.C

CCC Sports Medicine Roles & Responsibilities

- Injury Evaluation & Management
- Injury Prevention & Health Promotion
- First Aid & Emergency Care
- Injury Treatment, Rehabilitation, Reconditioning
- Organization & Administration of Pre-Participation Clearance
- Practice Coverage
- Home Game Coverage
- Tournament Coverage if any

Athletic Training Clinic Hours

Monday – Friday: 11am – 7:30pm

(Hours may change during Winter and Summer breaks and for any work-related meetings.)

Weekend Games: 2 hours prior to game and 30 min post-game.\

Athletic Training Room Rules & Procedures

1. Treat the athletic training staff and one another with respect.
2. Abusive, derogatory, and profane language will not be tolerated in the Athletic Training Room. No Swearing! No Fighting!
3. No one is to be in the Athletic Training Room without an athletic training staff present.
4. No treatment will be given before an injury is evaluated, and athletes are not allowed to self-treat.

5. The AT Clinic is a coeducational facility; please wear appropriate apparel, such as shirts and shorts.
6. Please refrain from wearing cleats, spikes, or muddy shoes in the Athletic Training Room.
7. Athletes must sign in on the daily injury log posted on the wall before being treated.
8. No food or drink
9. All forms of tobacco, cannabis, and NCAA-banned substances are prohibited in the athletic training room.
10. Please leave your belongings outside of the athletic training room.
11. Shower before you get into the whirlpool. You need to bring your own towels and wear appropriate apparel, such as bathing suits.
12. No equipment is allowed to be taken from the athletic training room.
13. In-season student-athletes will take priority, and out-of-season student-athletes may be asked to come in at certain times of the day. Please be patient.
14. If you are not receiving treatment, you are not permitted to hang out in the Athletic Training Room.
15. If you are receiving treatment, please ensure that cell phones are put away.
16. Please pick up after yourselves.

Injury Protocol

If a CCC student-athlete sustains an injury while participating with a CCC team, the student-athlete should report to the Athletic Trainer for assessment as soon as possible. If the injury occurs at an away game, contact the Athletic Trainer as soon as arriving on campus or the following day. The head coaches need to notify the Athletic Trainer after the game.

Injury Clearance

Concussion

What is a concussion?

- Even though there is ***no uniform definition*** of concussion, sport-related concussion is a ***traumatic brain injury caused by a direct blow to the head, neck, or body resulting in an impulsive force being transmitted to the brain that occurs in sports and exercise-related activities.*** This initiates a ***neurotransmitter and metabolic cascade,*** with possible ***axonal injury, blood flow changes,*** and ***inflammation affecting the brain.*** Symptoms and signs may present immediately or evolve over minutes or hours, and commonly resolve within days, but may be prolonged.
- The athlete who is suspected of sustaining a concussion will be assessed by the Athletic Trainer. The trainer will utilize their medical judgment and employ SCAT 6, ImPACT, BESS, and VOMS assessments. An athlete who has sustained a concussion must obtain a clearance note from a physician, preferably one who specializes in concussions. The

concussed athlete will then go through a return-to-play protocol prior to full participation, in accordance with the physician's clearance.

Step 1. Symptom-limited activities of daily living.

Step 2. Aerobic exercise with light resistance training as tolerated [no more than mild or brief (<1 hour) exacerbation of symptoms].

2a. Light (up to approximately 55% maximum heart rate); then

2b. Moderate (up to approximately 70% maximum heart rate).

Step 3. Individual sport-specific exercise and activity without any increased risk of inadvertent head impact exposure.

Proceed to step 4 only after resolution of signs and symptoms related to the current concussion, including with and after physical exertion.

Step 4. Non-contact practice with progressive resistance training.

Step 5. Unrestricted practice or training.

Step 6. Unrestricted return-to-sport.

The above stepwise progression will be supervised by a health care provider with expertise in concussion, with it being typical for each step in the progression to last at least 24 hours.

NOTE: If at any point the student-athlete becomes symptomatic (more symptomatic than baseline), the team physician or physician designee will be notified, and adjustments will be made to the return-to-sport progression. * For example, testing stops with an increase of more than 2 points on a 0 to 10 point scale when compared with the pre-exercise resting value.

Ortho Injury / Illness

- If the athlete seeks medical attention from a physician, physician's assistant, or registered nurse, the athlete must bring a clearance note stating that **the patient is cleared to play without any restrictions**.
- Chiropractors and Physical Therapists **CANNOT** clear athletes in place of a physician.
- The note must specify **the exact date** when the athlete is allowed to return to play.
- The team physician has the ultimate responsibility for making return-to-play decisions.

Local Emergency Room

Kaiser Permanente Emergency Room --- Richmond Medical Center

Address: 901 Nevin Ave. Richmond, CA 94801

Phone: (510) 307-1500

Kaiser Permanente Emergency Room --- Oakland Medical Center

Address: 3600 Broadway 1st floor. Oakland, CA 94611

Phone: (510) 752-1130

Alta Bates Campus Emergency Department

(This location is part of Sutter Health's Alta Bates Summit Medical Center)

Address: 2450 Ashby Ave. Berkeley, CA 94705

Phone: (510) 204-1303

Golden State Orthopedic Urgent Care Orthopedic Express

Address: Sequoia Building 1st floor 2405 Shadelands Dr. Walnut Creek, CA 94598

Phone: (925) 939-8585

Check hours online: www.goldenstateortho.com