University of Arkansas Athletic Training – Sports Medicine

The University of Arkansas Sports Medicine staff is committed to providing each Razorback Student-Athlete with state-of-the-art medical care. The goal of our sports medicine program is to help athletes stay healthy and injury-free. The athletic training staff, in conjunction with our team physicians, coordinates professional and comprehensive preventative, treatment, rehabilitation, and counseling services.

This handbook summarizes the guidelines followed by the Athletic Department, team physicians, athletic trainers, coaches, and athletes to comply with NCAA, SEC, and University rules and regulations. Please familiarize yourself with the following information, and do not hesitate to ask questions if you are unsure of how to access appropriate healthcare.

Athletic Training Rooms

Athletic teams receive care in the following main training rooms and satellite locations:

Location	Teams Covered
Fred W. Smith Football Center	Football
Marsha & Marty Martin Basketball Performance Center	Men's & Women's Basketball, Men's & Women's Golf, Tennis, Spirit Squads
Barnhill Arena	Gymnastics, Soccer, Softball, Swimming & Diving, Volleyball
Frank O'Mara Track & Field High Performance Center	Men's & Women's Cross Country, Men's & Women's Track & Field
J.B. & Johnelle Hunt Family Baseball Development Center	Baseball

Satellite training rooms are available for pre/post-practice care and competition coverage.

Medical Care Providers

UA Sports Medicine works with a team of healthcare professionals to ensure comprehensive care. Only athletic trainers may make referrals to other medical professionals.

Primary Care & Orthopedic Physicians (UAMS)

- **Wes Cox, MD** – Director of Primary Care Sports Medicine, Orthopedic Surgeon
- **Ramon Ylanan, MD** – Director, Primary Care Sports Medicine
- **Kyle Arthur, MD** – Primary Care Sports Medicine
- **Jake Martin, MD** – Primary Care Sports Medicine
- **Jake Smith, MD** – Primary Care Sports Medicine
- **Shea Brannon, MD** – Hand Surgeon
- **Tyler CarlLee, MD** – Sports Surgeon
- **Navin Kilambi, MD** – Sports Surgeon
- **Rob Martin, MD** – Foot/Ankle Surgeon
- **Brad Reeves, MD** – Sports Surgeon
- **Chad Songy, MD** – Shoulder/Elbow Surgeon
- **Gannon Randolph, MD** – Spine & Hip Surgeon

Mid-level Practitioner:

- Valerie Whitson, PA-C – on-campus, supervised by UAMS physicians

Surgical Care

- Northwest Physicians Specialty Hospital
- Arkansas Children's Hospital

Cardiology

- **Dr. John Paul Mounsey** – UAMS Health Cardiology Clinic
- **Dr. Scott Chism** – Walker Heart Institute Cardiovascular Clinic

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Preseason Physicals

- **New Student-Athletes:** Required to complete forms and physical exams prior to participation. Exams include:
    - Medical history, blood pressure, pulses, auscultation
    - Vision exam
    - Orthopedic exam
    - EKG & screening echocardiograms
    - Blood work (including sickle cell testing)
    - Urinalysis (and possible drug test)
    - SWAY & impact baseline testing
- **Returning Student-Athletes:** Annual exams with additional testing as required.
- **Walk-On Athletes:** Must present a passed physical within 6 months of try-out; UA is not responsible for injuries during try-outs.

Injury/Illness Policy

- All injuries or illnesses, including non-athletic, must be reported to the Sports Medicine Staff immediately.
- Timely reporting is required; costs from delayed reporting may fall on the athlete or their guardians.
- Athletes must follow prescribed treatment plans and report changes in condition.

Specialists & Second Opinions

- Referrals outside the UA network are coordinated by Sports Medicine Staff.
- Athletes seeking independent opinions without referral are financially responsible.
- Coaches cannot refer athletes to physicians.
- Final decisions on practice or competition participation rest solely with UA Sports Medicine Staff.

- Parental consultations can be arranged, but medical decisions remain with Sports Medicine Staff.

Pre-Existing Injuries or Conditions

- UA is not responsible for care or medication costs related to pre-existing conditions unless they affect participation.
- Athletes must report and document pre-existing conditions; failure to do so releases UA from liability.
- Comprehensive evaluations (e.g., ADHD/ADD) must comply with NCAA drug-testing requirements.

Close-Out Screening

- Upon graduation, transfer, or career termination, athletes must meet with their athletic trainer and, if injured, a team physician within 15 days.
- Future treatment costs will only be covered if the injury is documented in the permanent medical file.
- Surgery or treatment for athletic injuries must occur within 6 months of leaving the team and coordinated through UA Sports Medicine.

Health, Wellness, and Performance Policies

Mental Health and Performance

The University of Arkansas Athletics Department is committed to providing student-athletes with access to current psychological resources. Services include:

- **Sport/Performance Mental Skills Training: Imagery training, goal setting, concentration strategies, and other mental skills techniques.**
- **Counseling Services: Available to support overall mental health and well-being.**

Student-athletes may schedule meetings with:
Dr. Chris Bader, Director of Clinical and Sport Psychology

- **Office: Jones Student-Athlete Center, Room 220**

- **Phone: 479-409-7216**
- **Email: cbader@uark.edu**

Sessions can be individual, small group, or team-based. Appointments can be arranged directly or through your Athletic Trainer.

Sports Performance and Nutrition

The Athletic Training Staff, Strength and Conditioning Staff, Performance Nutrition Staff, and Director of Clinical and Sport Psychology collaboratively manage student-athlete nutritional needs. Please refer to the Nutrition Guidelines section of the Student-Athlete Handbook for more information.

Dental and Eye Care

- **The Athletics Department covers dental injuries only if they occur during organized practice or competition. All dental appointments must be scheduled through the Athletic Training Staff.**
- **Contacts or sports glasses required for participation will be provided. Regular prescription glasses are not covered. Optional features (e.g., tints) are the responsibility of the student-athlete.**

Medical Appointments and Excuses

- **Attendance Requirement: Never miss class, practice, or team activities due to medical appointments without prior clearance from your Athletic Trainer.**
- **Inform the Athletic Training Staff of any conflicts between medical appointments and team or academic obligations as early as possible.**

Issuance of Medical Excuses:

- **Excuses will only be issued following the above process and as care dictates.**
- **When appropriate, medical excuses should come from the treating provider.**
- **Students are responsible for notifying instructors or academic staff of unavoidable conflicts.**

Medical Expenses

Non-Sport Related Injuries/Illnesses:

- **Coverage may be discretionary and determined by the Director of Sports Medicine, Director of Athletics, or designee.**
- **Examples include elective procedures, pre-existing conditions, or illnesses not directly caused by athletics participation.**

Missed Appointment Policy:

- **Student-athletes who fail to attend scheduled appointments are financially responsible for charges and may need to reschedule independently.**

Out-of-Town Rehabilitation/Illness:

- **Authorization from University of Arkansas Sports Medicine personnel is required for use of outside facilities. Unauthorized care may result in financial responsibility.**

Insurance Updates:

- **Any changes in primary insurance coverage must be reported promptly to Carrie Robinson, Insurance Coordinator at the University of Arkansas Sports Medicine.**
    - **Phone: 479-445-6881**
    - **Email: clrobins@uark.edu**

Prescription Medication and Supplements

- **Report all medications to the Sports Medicine Staff.**
- **The Athletics Department may not cover pre-existing or non-sport-related medications.**
- **Only supplements recommended by the Registered Dietitian, Sports Medicine Staff, or Strength and Conditioning Staff may be used. Student-athletes are responsible for reporting all medications and supplements to ensure NCAA compliance.**

Privacy Information

- **The Athletic Training Room (ATR) is designed to provide medical care while maintaining privacy.**
- **FERPA and HIPAA regulations govern access to educational and health records.**
- **Student-athletes may authorize the release of medical information to parents, coaches, insurance, and other relevant parties using a Medical Referral Form.**
- **Students can request access, copies, or amendments to their medical records at any time.**

Pregnancy Policy

- **The University of Arkansas Athletics Department provides protections and support for pregnant and parenting student-athletes, including medical care, counseling, and academic planning.**
- **Participation decisions rest with the student-athlete's healthcare providers.**
- **Scholarships and aid will not be terminated or reduced due to pregnancy or parental status.**
- **Medical absences due to pregnancy are considered excused.**

Contacts and Resources:

- **Valerie Whitson (S-A Clinic PA): 479-334-7056**
- **Chris Bader (Mental Health & Performance): 479-409-7216**
- **Felecia Saine (Academics/S-A Development): 479-575-4424**
- **Trish Matysak (Sports Medicine): 479-575-4809**
- **Catherine Harper (Compliance): ch097@uark.edu**
- **Danielle L. Williams (Title IX): titleix@uark.edu**
- **Pat Walker Health Center Women's Health Clinic: 479-575-4478**
- **Counseling and Psychological Services (CAPS): 479-575-5276**

Eating Disorder / Disordered Eating Policy

- **Disordered eating impairs performance, increases injury risk, and may have long-term health consequences.**
- **Support is available through the Director of Clinical and Sport Psychology and Director of Sports Performance Nutrition.**
- **Early intervention is encouraged to maintain both physical and mental health.**

Sexual Harassment / Assault / Misconduct

- **The Athletics Department adheres to University policy on sexual harassment. Full policy: University Sexual Harassment Policy.**
- **Complaints are reported to the University Title IX Coordinator.**
- **Every effort will be made to handle complaints discreetly, while fulfilling legal obligations to investigate.**
- **Student-athletes have access to medical care and counseling as needed.**

Sickle Cell Trait Policy

Definition

Sickle cell trait is an inherited condition affecting the oxygen-carrying protein, hemoglobin, in red blood cells. Key points include:

- Sickle cell trait is common, affecting more than three million Americans.
- Although most prevalent in individuals of African, Mediterranean, Middle Eastern, Indian, Caribbean, and South or Central American ancestry, persons of all races can carry the trait.
- Generally, sickle cell trait is benign. However, during intense or sustained exercise, reduced oxygen (hypoxia) in muscles may trigger **sickling**—a change of red blood cells from a normal disc shape to a crescent or “sickle” shape.
- Sickled cells can block blood vessels, potentially leading to **collapse** and rapid muscle breakdown.

High-Risk Exercise Conditions

Sickling is most likely to occur during:

- Timed runs or all-out exertion lasting 2–3 minutes without rest
- Intense drills or bursts of exercise following prolonged conditioning
- Extreme conditioning sessions

Signs and Symptoms of a Sickle Cell Emergency

Common warning signs include, but are not limited to:

- Increased pain or weakness in working muscles (legs, buttocks, low back)
- Cramping-type muscle pain
- Soft or flaccid muscle tone
- Immediate onset of symptoms with no early warning

Sickle Cell Trait Testing

Per NCAA regulations:

- All student-athletes **must know their sickle cell trait status** before participating in any intercollegiate athletic activity, including practices, competitions, and strength and conditioning sessions.
- The University of Arkansas Athletics Department provides **sickle cell trait screening** as part of the pre-participation physical exam.
- Testing is conducted via blood test at a designated laboratory and results are reported to a University of Arkansas Team Physician.
