

## **GLENBARD NORTH: ATHLETIC TRAINING**

### **ATHLETIC TRAINERS**

Mike Burgoni and Amanda Little are Certified Athletic Trainer's (ATC) at Glenbard North High School. Both are nationally certified and licensed in the state of Illinois to practice Athletic Training. Our main goal in the Athletic Training Department is to provide the best and most efficient care possible to student athletes. Please feel free to contact Mike or Amanda at any time with questions or concerns.

**ATHLETIC TRAINING ROOM NUMBER: 630.681.3260**

### **MEDICAL CONDITIONS**

Please inform Athletic Trainers of any special medical condition your son or daughter may have, including asthma, diabetes, allergies, etc. It is also very important for all athletes with medical conditions to carry medications with them to all practices and games, such as inhalers, epi-pens, etc.

### **HOMECARE TREATMENT**

**REST:** Controlled rest will help the injury heal and help to avoid further aggravation.

**ICE:** Icing an injury may be the oldest trick in the book, but it is one of the best treatments medicine has for orthopedic injuries. Ice the injury 3-4 times daily for 20-30 minutes.  
**NOTE:** Extended periods can lead to tissue damage.

**COMPRESSION:** Keep the injury wrapped with an Ace bandage to add stability and minimize swelling. Take bandage off before going to sleep at night and put back on first thing in the morning.

**ELEVATION:** Elevate injured area above heart level to decrease swelling.

**HEAT:** Only use heat therapy after all signs of inflammation have subsided.

**MRSA:** PLEASE READ MRSA AWARENESS DOCUMENT