



Byron Nelson Sports Medicine Parent Information



As healthcare professionals, our athletic training staff is committed to preventing, evaluating, managing, and rehabilitating athletic injuries for your athletes. We maintain clear communication with the coaching staff regarding any injuries and necessary modifications. If you have any questions about your athlete, please don't hesitate to reach out.

- Chelsea Smith, MS, LAT, ATC, PES - Head Athletic Trainer
 - Office: 817-698-1846
 - Email: chelsea.smith@nisdtx.org
- Josh Hale, MS, LAT, ATC - Assistant Athletic Trainer
 - Office: 817-698-5709
 - Email: joshua.hale@nisdtx.org
- Joel Garza, MAT, LAT, ATC, -Assistant Athletic Trainer (Medlin/Barksdale MS)
 - Email: joel.garza@nisdtx.org

Team Doctor - North Texas Orthopedics - Dr. Eric Stehly, M.D. / Cari Hall P.A.-C

- AT staff can help facilitate appointments. (Normally within 48 hours).
- Accept all major insurances. Keep in mind if you have a PCP and need a referral first.
- 2 Locations / Phone: 817-481-2121
 - 2535 Ire Woods Avenue, Suite 100, Grapevine, TX 76051
 - 4501 Heritage Trace Parkway, Suite 101 Fort Worth, TX 76244

Concussion Care

According to TEC section 38.156: a student 'shall be removed from a UIL practice or competition immediately if a coach, physician, athletic trainer, or guardian believes the student might have sustained a concussion. They may not be permitted to practice or compete again until the student has been (1) evaluated by a treating physician of their choice, (2) has completed all requirements of the concussion return-to-play protocol, (3) and has been cleared by their treating physician to return to play.' More information: <https://www.uil texas.org/health/concussions>

Below are concussion specialists that we recommend if your athlete sustains a concussion.

- Damond Blueitt, M.D.
 - Texas Orthopaedic Associates - 721 Keller Pkwy, Ste 107B Keller, TX
 - Phone: 817-854-9969
- Erin Reynolds, PsyD - Children's Health Andrew's Institute
 - 7211 Preston Road Suite 1200, Plano, TX 75024
 - Phone: 469-303-3000

Emergency Care

In the event of a life-threatening emergency during practice or competition, the athletic trainer will implement the Emergency Action Plan. Typically, the athlete will be transported to:

- Baylor Scott & White - Grapevine Emergency Department
 - Level II Trauma Center
 - 1650 W College St, Grapevine, TX 76051

For non-life-threatening injuries requiring immediate attention (such as lacerations needing stitches, severe dislocations, or fractures), we recommend:

- Complete Care Emergency Room - Southlake
 - Full-service freestanding emergency room
 - 321 W. Southlake Blvd. Ste. 140, Southlake, TX 76092

After an emergency department visit, you will typically need to follow up with your primary care physician (PCP) or orthopedic doctor. If necessary, we can assist in scheduling an appointment with our Team Orthopedic's office. Please note that the athletic training staff cannot allow the athlete to participate in any activities until we have received the necessary paperwork from the appropriate physician.

Following Your Health Care Provider's Plan of Care

If your athlete is receiving care from a physician, advanced nurse practitioner, physical therapist, chiropractor, or Airrosti for a current injury or illness, please provide us with their plan of care. Ensure we have documentation on any athletic modifications, restrictions, and exercises to be performed in the athletic training room around their practice times. The athlete will not be allowed to return to full activity, including sport-specific skills and weight room exercises, until we receive proper documentation from the treating provider.

Supplemental Insurance - Texas Kids First - Student Accident Voluntary Insurance Program

- Insurance coverage is the responsibility of the parent. There is supplemental accident insurance that you may purchase for your student.
- Information can be found under the "Physical Information" tab at <https://northwestsports.rankone.com/Website/Main>
- You can also call for more information: 1-800-366-8354.

Physical Paperwork and Online Forms

Each year, athletes must complete and upload their physical paperwork before participating in athletics for the current school year. Please scan the QR code below or visit northwestsports.rankone.com to complete and upload your paperwork.

