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# Accommodating Athletes with Injuries

26th Annual AMP Sideline Help Coaches Clinic

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# General Guidelines

- Must dress out in practice attire including wearing sport specific footwear. Wear helmet in football
    - If immediate post surgery then they can stay home until they are off narcotic pain medication
    - If they are sick, they go home and take care of themselves
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# General Guidelines

- Get mental reps. This is as important as taking physical reps.
- Must check in with the athletic trainer and coach daily
- Complete rehab exercises before and after practice

**\*\*Exceptions to every rule\*\***

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1. Use non injured arm to learn drills.
2. Jogging is a full go. Be cautions with cutting in case the athlete slips and falls on his injured arm.
3. Biking for conditioning
4. Assist coaching staff with ball retrieval, setting up for drills, demonstrating drills, etc

# Upper Extremity Accommodations

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1. **Biking for conditioning**
2. **Assist coaching staff with ball retrieval, setting up for drills, demonstrating drills, etc**

# Lower Extremity Accommodations

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# Case Study Example



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Photo credit Mike Clark - Billings Gazette

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- 17 year old male with Bilateral wrist fractures during the spring 2022 (3rd athlete)
  - Goals
    - Weight lift all summer
    - Return to football as a wide receiver and corner
    - Play basketball and run/jump in track
  - **3 Stages**
    - **Stage 1** 
      - Immediate post injury and post surgery
      - Stay home
      - Monitor pain
      - Frequent check in with the doctor
      - No practice or weight lifting



Photo credit E.R.

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- 17 year old male with Bilateral wrist fractures

## Stage 2 - Summer 2022

- **Weight Lifting Accommodations**
  - Worked with the Strength coach for ideas
  - Used the band for resistance training
  - Held a plate
  - Core
  - Push up progression
  - Biked and ran for cardio
- **Football**
  - Summer workout: Wore cast/brace on each arm.



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Photo credit E.R.



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Football:

He did  
everything  
except contact.

\*QB footwork

\*WR drills  
(catching?)

\*DB drills

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- 17 year old male with Bilateral wrist fractures
  - Goals
    - Weight lift all summer
    - Return to football as a wide receiver and corner.

### Stage 3- Return to full activity (Fall 2022)

- Football
  - Season: Tape everyday for support.
  - Modify: push-ups
  - Working on strength in his wrists
- Basketball
  - Full go





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