



The Team Behind **YOUR TEAM**

Highpoint Health
Sumner

with  Ascension
Saint Thomas

the athlete's PLAYBOOK

Resources for every athlete.
Every age. Every season.

Whether you're chasing a championship, staying active with friends, or starting a new fitness journey, Highpoint Health - Sumner with Ascension Saint Thomas is here to help you stay in the game!



PREVENT



PROTECT



RECOVER



PERFORM

Get Back in the Game → [HighpointHealthSystem.com/Orthopedics](https://www.HighpointHealthSystem.com/Orthopedics)

 800.424.3627

WE'RE HERE FOR EVERY ATHLETE.

Every age. Every season.

From Saturday morning soccer games to Friday night lights. From weekend warriors to lifelong competitors. **Highpoint Health - Sumner with Ascension Saint Thomas** is proud to be **The Team Behind YOUR Team**, helping athletes of all ages and competition levels to stay healthy, recover strong and perform at their best!

This playbook brings together trusted resources, expert advice and local support to help you and your family navigate every step of your active journey. **Your goals. Our expertise. Community partners.**

HOW TO USE THIS PLAYBOOK



EXPLORE

Browse the sections that matter most to you right now.



LEARN

Find expert advice, tips and tools you can use today.



TAKE ACTION

Put what you learn into practice and build healthy habits.



SHARE

Pass this playbook along to teammates, family and friends.

WHO THIS PLAYBOOK IS FOR

INSIDE THIS PLAYBOOK

PREVENT INJURY

Smart habits, training tips and safety strategies.

MANAGE INJURY

Know the signs, stay safe and build healthy routines.

PERFORM BETTER

Nutrition, mental wellness and tips to reach your goals.

FAMILY & COMMUNITY

Resources and support for the whole team.



YOUTH ATHLETES

Building skills, confidence and a love for the game from the start.



STUDENT ATHLETES

Pushing limits, balancing school and sports and preparing for the future.



WEEKEND WARRIORS

Staying active, preventing injury and performing at your best.



ACTIVE FOR LIFE

Keeping your body strong and healthy for the moments that matter.



COACHES & PARENTS

Support for the people cheering the loudest - resources for balancing life on the go.



Highpoint

Orthopedics and Neurosurgery



The Team Behind **YOUR** Team

From Friday night football and summer baseball to weekend pickleball games and everyday life, our team helps people of all ages recover from injury, relieve pain and return to the activities they love. We're proud to provide advanced sports medicine close to home, combining expert care with the personal relationships our community deserves.

WHY FAMILIES CHOOSE US



Sports Injury Expertise

Evaluation and treatment so athletes can return to the game stronger.



Bone, Joint & Spine Care

Comprehensive care for a wide range of orthopedic conditions.



Surgical & Nonsurgical Treatment

Personalized options to fit your goals and lifestyle.



Rehabilitation Guidance

Support and resources to help you heal and prevent re-injury.



Care Close to Home

Expert care close to home with easy scheduling and friendly support.

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PREVENTING SPORTS INJURIES

Good habits before the game
can keep you **healthy all
season long.**

1

WARM UP

Spend 5–10 minutes warming up before every workout, practice or game. Dynamic movements prepare your muscles and joints for activities.

2

HYDRATE

Drink water before, during and after activity. Increase fluids during hot, humid weather. Muscle cramps can be an early sign of dehydration or heat illness.

3

RECOVER

Your body gets stronger while it recovers, not while it's exercising.

- Prioritize sleep
- Schedule rest days
- Don't train through exhaustion

4

LISTEN TO YOUR BODY

Pain that changes the way you run, throw, jump or move isn't "normal soreness." Stopping early may prevent a minor injury from becoming a major one.

Young Athletes

50%+

of youth sports injuries may be preventable with proper education and proactive injury-prevention strategies.*

Source: [American Orthopaedic Society for Sports Medicine](#)

Active Adults

Most overuse injuries don't happen all at once.

They develop gradually when muscles, tendons, and joints don't have enough time to recover. Build activity slowly, train consistently, and prioritize recovery.*

Source: [American Academy of Orthopaedic Surgeons \(AAOS\)](#)

5

GEAR CHECK

- Wear sport-specific equipment
- Replace worn-out shoes
- Make sure helmets, pads, braces and mouthguards fit correctly
- Proper gear protects you. Use it the right way.

6

AVOID OVERUSE

Playing the same sport year-round without enough rest increases the risk of overuse injuries.

- Mix up activities
- Take time off
- Gradually increase training intensity



MANAGING INJURIES

Know when to shake it off - *and*
when you shouldn't.



Your sideline checklist

Use this checklist immediately after injury to
know what to do next



STOP

Is pain changing the way you move? **Don't push through.**



ASSESS

Ask yourself:

- Did swelling appear quickly?
- Can you put weight on it?
- Did you hear or feel a pop?
- Is movement limited?
- Is pain getting worse?



PROTECT

Until you know more:

- **Rest** the injured area and avoid painful activities
- **Ice** for 15-20 minutes every 2-3 hours during the first 48 hours
- **Compression** with an elastic wrap to help control swelling
- **Elevate** the injured area above heart level when possible



WHAT'S YOUR NEXT PLAY?

Seek emergency care if you have:

- Severe pain or obvious deformity
- Loss of consciousness or confusion after a head injury
- Unable to bear weight
- Heavy bleeding or loss of circulation

Schedule a sports medicine evaluation if you have:

- Pain that isn't improving after 48-72 hours
- Persistent swelling
- Joint instability
- Limited range of motion
- Pain that's keeping you out of practice or daily activities



**HEAT
or
ICE?**



Use ICE when:

- ✓ New injury (first 24-48 hours)
- ✓ Swelling
- ✓ Bruising
- ✓ Sharp pain after activity



Use HEAT when:

- ✓ Muscle stiffness
- ✓ Tight muscles before activity
- ✓ Chronic aches (not a new injury)
- ✓ Preparing to stretch or exercise



Don't use heat on a
fresh injury that's swollen.



CONCUSSIONS

When in doubt,
sit them out.

**A CONCUSSION IS A BRAIN INJURY -
NOT A HEADACHE.**

It is caused by a bump, blow or jolt to the head
or the body that causes the brain to move
rapidly inside the skull.

SYMPTOMS YOUR ATHLETE MAY EXPERIENCE

- Headache or pressure in the head
- Dizziness or balance problems
- Nausea or vomiting
- Blurred or double vision
- Sensitivity to light or noise
- Feeling “foggy”
- Difficulty concentrating or remembering
- Drowsiness or changes in sleep
- “I just don’t feel right.”

EMERGENCY WARNING SIGNS

Seek emergency medical care immediately if your athlete:

- Won't wake up or is difficult to wake
- Has repeated vomiting
- Has a seizure
- Has slurred speech
- Becomes increasingly confused or difficult to recognize
- Has weakness or numbness
- Has one pupil larger than the other
- Loses consciousness



Symptoms can
appear hours
or even days
after injury.

Vision
problems can
occur after a
concussion.

Girls often report
more symptoms
and may take
longer to recover
than boys.*

Sources
• Centers for Disease Control and Prevention (CDC). *HEADS UP: Concussion in Youth Sports*.
• Tennessee Secondary School Athletic Association (TSSAA). *Concussion Information for Parents*.
• Bretzin AC, Covassin T, Fox ME, et al. *Sex Differences in Concussion Symptoms and Recovery*. *Orthopaedic Journal of Sports Medicine*.



NOT EVERY CONCUSSION
CAUSES A HEADACHE.

NOT EVERY HEADACHE IS
A CONCUSSION.

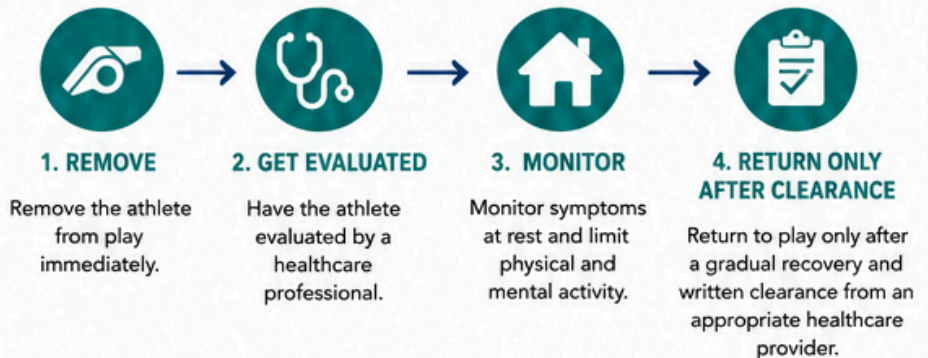
THEY MAY NOT TELL YOU

Many young athletes don't report concussion symptoms because they want to stay in the game, don't want to disappoint teammates or think they will be fine.

Trust what you see, not just what your athlete tells you.

If you suspect a concussion, remove the athlete from play immediately and have them evaluated by a healthcare professional. Returning to play too soon may increase the risk of a more serious brain injury.

WHAT SHOULD I DO NEXT?



Every concussion is different. Follow the guidance of your healthcare provider.

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PLAY SMART in the elements

Smart preparation helps athletes of all ages perform their best and stay healthy - no matter the weather.



HEAT SAFETY

Heat illness can happen fast. Plan ahead, hydrate early and watch for the signs - before small problems become big ones.* On extreme heat days, check your local heat index before practices, games and outdoor workouts.

MOST COMMON HEAT CONCERNS: Progressions

- **Heat Cramps** - Painful muscle cramps and spasms
- **Heat Exhaustion** - Body struggling to cool itself
- **Heat Stroke** - Life-threatening heat emergency

REAL-LIFE SITUATIONS

Tournament Athletes - Four games. Midday sun. How much is too much? Start early: hydrate, fuel and take breaks in the shade.

Tip: A hand-held fan in bat bags and an umbrella attached to lawn chairs provide much-needed relief.

The Weekend Warrior - Heat+alcohol can increase dehydration risk and affect reaction time.

Tip: Drink a full bottle of water before your first alcoholic beverage and alternate water and alcohol throughout the day.

On the field - Heavy sweating leads to fluid and electrolyte loss, which can cause cramps and fatigue.

Tip: Replace fluids early - don't wait for cramps to start.



LIGHTNING SAFETY

Lightning can strike from as far as 10 miles away - regardless of other weather factors like rain.

If you hear thunder, you're close enough to be struck by lightning.

- **Go indoors immediately**
- **Avoid** open fields, bleachers, dugouts, trees, metal fences and golf carts



RETURN SAFELY

Wait 30 minutes after the last thunder before resuming outdoor activities.



COLD WEATHER TIPS

Cold muscles are more likely to be injured. Don't skip warm-ups.

- Dress in layers - remove as you heat up
- Cover ears, hands and neck
- Replace wet clothing quickly
- **Know the signs of cold stress: shivering, numbness, slurred speech and confusion.***



SIDELINE SMARTS

Things you may see - or hear - on the sidelines and what they really mean.

Pickle Juice or Mustard Packets?

Some athletes use these to help stop or prevent cramps. The strong taste may reset nerves and pickle juice contains sodium. Talk with your provider about what is right for your athlete.

Sports Drinks

For most activities under 60 minutes water is enough.

Coach's Hack

Freeze one water bottle the night before and pack one cold bottle beside it. By the afternoon game, the frozen bottle has melted and stays cold much longer than ice alone.

Sources

- Centers for Disease Control and Prevention (CDC)
- National Athletic Trainers' Association (NATA)
- American College of Sports Medicine (ACSM)
- National Weather Service (NWS)
- United States Department of Agriculture (USDA)
- National Strength and Conditioning Association (NSCA)



KEEP THE JOY *in the game*

Sports should build confidence, not become another source of stress in families' busy lives.

FOR PARENTS

Remember why your child started playing.

Ask yourself:

- Am I chasing my child's dream - or mine?
- Does my child still enjoy this sport?
- Are we leaving room for family, school and rest?

BURNOUT HAPPENS

It can happen to athletes **AND** to parents.
It's okay to step back.

Warning signs may include:

- Every weekend is booked
- Family dinners disappear
- Sports create more arguments than memories
- You're constantly exhausted
- You feel guilty saying "No"



Talk to your athlete

Encourage honest sit downs with your athlete:

- What do you love most about playing?
- If no one was watching, would you still want to play?
- Are you having fun?
- Do you feel too busy?

PROTECT YOUR BALANCE

Schedule Down Time - Keep one evening each week sports-free.

Share the Load - Share rides, volunteer roles and sideline duties.

Eat Together - Plan one family meal together each day.

Take Care of Yourself, Too - Preserve time for yourself and protect your sleep.

It's Okay to Say No - Not every opportunity deserves a "yes."

NOT SURE WHERE TO START?

Help them own their choices.

- Listen more than you talk
- Share your observations
- Support their decisions - even if they change their mind
- Remind them they are more than an athlete.



STRONGER *starts here.*

Good nutrition and quality sleep help your body perform and stay healthy. Small, consistent habits can yield big rewards - on and off the field.

EAT AFTER YOU MOVE

Try to eat something within **30–60 minutes** after practice, a workout or a game. Your body needs **carbohydrates** to replace energy and **protein** to help muscle recover.

EASY RECOVERY IDEAS

No special supplements or protein shakes are required.

- Peanut butter sandwich
- Chocolate milk
- Cheese and crackers
- Greek yogurt and fruit
- Banana with peanut butter
- Tuna or chicken packet with crackers
- Turkey or cheese sandwich

HEALTHY DOESN'T HAVE TO BE EXPENSIVE

Nutritious foods can fit almost any budget.



FUEL ON THE GO

Keep a shelf-stable snack in your backpack or sports bag when permitted.

- Granola bar
- Peanut butter crackers
- Applesauce pouch
- Dry cereal
- Trail mix or nuts
- Tuna packet with crackers

SLEEP IS PART OF TRAINING

Quality sleep gives your body time to recover, rebuild muscle and prepare for tomorrow.

Why Sleep Matters:

- Builds muscle and repairs body
- Improves reaction time, focus and concentration
- Supports learning and memory
- Supports mental health

Recommended Sleep by Age:

- Ages 6-12, 9-12 hours
- Ages 13-18, 8-10 hours
- Adults, 7-9 hours

Signs you may need more sleep:

- Feeling tired during the day
- Trouble concentrating
- Slower recovery after activity
- Mood changes or irritability
- More frequent injuries

Sources

- American Academy of Pediatrics
- Academy of Nutrition and Dietetics
- American Academy of Sleep Medicine
- Centers for Disease Control and Prevention



Every athlete *needs a home team.*

YOUR FIRST TEAMMATE IN HEALTH

From sports physicals and injury prevention to managing asthma, allergies and everyday health concerns, primary care helps athletes of all ages stay healthy, active and ready for every season.

YOUR PRIMARY CARE PROVIDER CAN HELP WITH:

- Annual wellness visits
- Sports physicals
- Preventive screenings
- Vaccinations
- Minor illnesses
- Asthma and allergies
- Nutrition and healthy lifestyle guidance
- Mental health concerns
- Chronic condition management
- Coordinate your care and connect you with specialists when needed

READY TO GET STARTED?



[Find a primary care provider
in your area.](#)



[Learn more](#)

YOUR CARE JOURNEY



HEALTHY HABITS

Build a strong foundation



PRIMARY CARE

Prevent, manage and stay healthy



SPORTS MEDICINE

Specialized care when you need it



RECOVERY

Heal and rebuild



BACK TO THE ACTIVITIES YOU LOVE



Highpoint Health Sumner

with  **Ascension
Saint Thomas**

PROUD SPORTS MEDICINE PARTNER OF



VolState Athletics



Gallatin High School

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