

Governor Mifflin Sports Medicine Department Position Statement on At-Home Rehabilitation/Treatment Guidelines for the 2020-2021 School Year:

Governor Mifflin School district believes it is essential to the physical and mental well-being of our student athletes to return to physical activity and athletic competition as safely as possible. Governor Mifflin administrators endorse the idea of returning students to school-based athletics and activities in any and all situations where it can be done safely. With the return of sports, there will come the return of potential injury. The Governor Mifflin sports medicine department will continue to care for our athletes while taking the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA.

Due to the limitations in the sports medicine facility on campus, the GM Sports Medicine Department will be recommending at-home rehab and treatment guidance for all chronic and minor injuries occurring during scholastic sports seasons for the 20-21 school year. The sports medicine staff will educate all injured athletes and their parents/guardians on specific injury rehabilitation and treatment protocols as necessary. Injury rehabilitation plans and protocols will be sent home with the injured athlete or parent/guardian via hard copy or email as requested. Injury prevention programs will also be highly recommended for athletes to utilize during their sports season.

Athletes will also have access to the Sports Medicine Google Classroom that contains several at-home preventative injury rehab programs as well as specific sports medicine topics for continuing an athlete's education of athletic injury.

Resources:

Governor Mifflin Sports Medicine Google Classroom: [GM Sports Medicine](#)

Class Code: b42v5i7