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Formulation and Implementation of Standardized Musculoskeletal Injury Treatment Plans in a High School Athletic Population

South Kitsap High School (SKHS) in Port Orchard, Washington, serves approximately 2,000–2,500 students, with nearly half participating in athletics and only two athletic trainers responsible for injury management. This project aimed to develop standardized, evidence-based rehabilitation protocols for common musculoskeletal injuries within the school's athletic population. Athletic training room injury data and student-athlete survey responses were used to identify the most prevalent injuries, while a literature review on tissue healing and rehabilitation guided protocol development. From this data, rehabilitation protocols were developed for four distinct injuries: anterior talofibular ligament (ATFL) ankle sprains, general ligamentous knee injuries, overhead shoulder injuries, and mechanical non-specific low back pain. These protocols were organized according to the inflammatory, repair, and remodeling phases of tissue healing. They utilized progression-based criteria including pain levels, range of motion, strength, and movement quality, rather than fixed timelines, to guide advancement through rehabilitation. The protocols were subsequently implemented through a QR code-based system within the athletic training room. This implementation provided the SKHS athletic medicine program with a structured, evidence-based framework that supports individualized rehabilitation while promoting accessible, consistent care within a high-volume secondary school setting.