

Andrews Institute Sports Medicine Outreach

Official sports medicine provider of Catholic High School

Kurt Freund is proud to be a part of the Andrews Institute for Orthopaedics & Sports Medicine Outreach team. He provides quality sports medicine care to the Crusader community.

Services provided include:

- Daily practice coverage and on-site injury evaluations
- Assistance with prevention and care of sports injuries
- Quick access to Baptist Health Care and Andrews Institute physicians
- Education for coaches and student-athletes, including emergency preparedness and planning
- On-site medical coverage at on-campus home FHSAA sports events

Andrews Institute is proud to be the official sports medicine provider to Pensacola Catholic High School.

For questions or assistance with a sports-related injury, injury prevention or referral to one of our Andrews Institute physicians, please reach out to Kurt. His contact information is below.



Kurt Freund, MAT, LAT, ATC

Andrews Institute Athletic Trainer

Kurt.Freund@TheAndrewsInstitute.com

251.656.8009

Kurt is happy to help connect you
with our team of health care providers.
Add him to your contacts using the code.



andrewsinstitute.com

ANDREWS INSTITUTE
ORTHOPAEDICS & SPORTS MEDICINE
An Affiliate of Baptist Health Care

Helpful Sports Medicine Information

- Athletic Trainers (ATs) are nationally certified and state licensed allied health practitioners. ATs are trained in injury and illness prevention, wellness promotion and education, emergent care, clinical evaluation and diagnosis, and therapeutic rehabilitation of injuries and conditions. We help individuals and families navigate their health care journey through life and sport.
- Open lines of communication are a priority and the AT will do their best to inform parents/guardians of injuries and communicate in a timely manner. Do not hesitate to reach out with questions or concerns. (Response time may vary depending on time of day or night.)
- Coaches and parents should communicate with the AT as soon as possible if an injury occurs to their student-athlete so the AT can help coordinate appropriate follow-up evaluation and care. Student-athletes should not contact the AT via their cell phone.
- The AT can typically be expected to be on campus by the time school ends most school days and at least an hour before a home game or event. If there are changes to this, the AT will notify the coach. Student-athletes should communicate through the coach if there are questions about when the athletic trainer will be available. The AT may also post hours outside the AT room or communicate on team apps.
- The athletic training room is a space available to all and student-athletes are expected to be kind and respectful to everyone while in the athletic training room. Profanity and bullying are not tolerated. Any equipment loaned out by the AT should be returned after it is no longer needed.
- Sometimes multiple student-athletes seek or need care at the same time and/or there may be multiple activities occurring simultaneously and the AT will triage and manage student-athletes' needs as indicated; please be patient with the AT during these times.
- Families can always choose where they seek care. The AT can help connect families to an Andrews Institute designated team physician or any Andrews Institute or Baptist Health Care providers.
- Student-athletes that have urgent/emergent injuries occur while school is not in session or when the AT is not present should seek care by contacting 911 or visiting the closest emergency room.
- Bring any applicable paperwork regarding participation status and/or clinical instructions from physician appointments to the AT. The AT's goal is to help all student-athletes return to participation as quickly, but safely, as possible, while following FHSAA guidelines and directions from treating physicians as applicable.



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