

The Institute for Athletic Medicine and Roseville Area High School

Purpose

To provide a sports health care services (sports care) system for student-athletes.

Athletic Training Room Phone: (via the activities office: 651-635-1670)

All student athletes may utilize the sports health care services which are made available by RAHS in the cooperative effort with the Institute for Athletic Medicine, (a Division of Fairview Health Services), once the athlete meets all criteria and completes all the required documents to allow participation in sports/dance.

A Certified Athletic Trainer, (ATC) /Athletic Trainer (AT), is an allied health care professional that provides medical services under the supervision of a licensed medical doctor. Certified Athletic Trainers are accredited by the Board of Certification of the National Athletic Trainers' Association, Inc., and are registered by the Minnesota State Board of Medical Practice, the same Board that regulates physicians, nurses, physical therapists, EMTS, etc.

Athletic Training is an allied medical profession that interfaces with injury prevention, emergency preparedness, diagnosis, acute and chronic injury and illness management, and rehabilitation.

Every effort is extended to provide health care services to optimize outcomes and elevate the standard of health care for RAHS athletes.

Athletic Training Room Hours:

Pre-season training camp: The AT is on campus aligned with the hours of the varsity football team. The AT will be either in the Athletic Training Room or outside at football practice.

Fall: after preseason practices are over, (per the football schedule):

2PM -6PM on non-event days

2PM to close on home event days

Winter:

2PM-5PM on non-event days

2PM to close on home event days

Spring:

2PM to 4:30PM non-event days

2PM to close on home event days

The AT is not at RAHS for practices on Saturdays, Sundays, holidays, and most days when school is not in session.

On-site AT coverage is as follows:

Fall:

All Varsity home and away Football game all home Junior Varsity, (JV), home B-squad and home 9th grade FB

All **home Varsity and home JV Volleyball** matches

All **home Varsity Girls Soccer** games and home **Varsity Boys Soccer** games

Winter:

All **home Varsity and home JV Boys Basketball** and all **home Varsity and home JV Girls Basketball**

All **home Varsity and home JV Gymnastics** meets and all **home Varsity and home JV Wrestling** meets

All **home Varsity and home JV Boys Hockey** games and all **home Varsity and home JV Girls Hockey** games

Spring:

All **home Varsity and home JV Boys Lacrosse** games and all **home Varsity and home JV Girls Lacrosse** games

All **home Varsity and home JV Boys Track** meets /all **home Varsity and home JV Girls Track** meets

When events overlap or conflict, IAM provides additional Athletic Trainers to cover on-site at the specific venue.

The Athletic Training Room at RAHS is located at the top of the stairs near the main gymnasium lobby.

Medical equipment and supplies, including ice for injuries, are on-site for practices and contests.

RAHS does not provide routine preventative ankle taping.

The Athletic Training Room is the health care facility for RAHS athletes. The AT works with the RAHS nursing staff and the Team Physician to communicate and coordinate care for RAHS athletes.

Basic treatment/s and rehabilitation can/will be done in the RAHS athletic training room or on campus if/when the injured athlete seeks it.

The athletic trainer at RAHS is **Bob Broxterman**, MS, ATC. Bob has 35+ years in the profession including 21 at the University of Minnesota. During 9 of those years, Bob taught a variety of sports medicine/ health care courses in the UM School of Kinesiology. Bob completed a BS degree from Cleveland State University in 1979 and an MS degree from Syracuse University in 1982.

Dr. David Olson is the volunteer team physician at RAHS, and has provided medical care to RAHS athletes for 12+ years. He is also a Team Physician with the University of Minnesota and the Minnesota Vikings. Dr. Olson is an invaluable resource to our community and athletes. Dr. Olson is the direct medical supervisor for the Athletic Trainer at RAHS.

NOTE: Health care information and its utilization is governed by federal law, specifically HIPAA. RAHS staff and the RAHS MD and AT comply with HIPAA to protect the privacy of the patient.

Concussion Management:

If/when your son or daughter sustains a concussion, the AT will work carefully to assess, follow-up, and further manage the concussion appropriately, within the requirements of the CDC concussion protocol and to comply with the MSHSL rules, the CDC rules/policy, and Minnesota State Law. In Minnesota, Certified Athletics Trainers are permitted to assess, manage, and document return-to-play as part of their professional scope of practice.

Baseline neuropsychological testing is also available and offered through Fairview Sports and Orthopedic Care (FSOC). The FSOC Concussion Hotline: **952-460-4440**. **Impact baseline** testing and additional information are also available at that number. IAM/FSOC employs a Concussion Concierge to facilitate concussion assessments and follow-ups, call **952-460-4440**.

RAHS sports care utilizes the current IAM/FV Concussion Survey to assess and manage concussions acutely and in follow-up. This instrument is occasionally revised and updated. The most recent version of this instrument will be used. If your son or daughter is seen by an MD or another appropriate concussion care provider, a note clearing them to return to participation must be submitted to the Athletic Trainer. This is consistent with the MSHSL RTP rule and Minnesota state law.

Concussion Step-wise Return to Play

Step 1: athlete must be **COMPLETELY** symptom-free for 24 hours

Step 2: light exertion **only**, (under supervision) for at least 10 continuous minutes

Step 3: non-contact practice (varies by sport)

Step 4: full practice

Step 5: full activity

**** Step 5: Cannot be on a game/competition day.

If symptoms return at any time in this sequence, the sequence re-starts at Step 1.

If at any time patient symptoms indicate that additional care and referral is appropriate, and this is made known to the RAHS AT, this will be communicated and facilitated, and the team physician may be consulted.

Physician (MD) and Physical Therapy Information:

When an injury occurs that requires further medical assistance, (a visit to an MD), the athlete must submit a signed note from the physician to the AT clearing the athlete for return to participation, (per MSHSL rule).

MSHSL Return to play Rule:

The MSHSL requires that any time an athlete sees a physician; the athlete must **submit WRITTEN CLEARANCE/PERMISSION to be allowed to return to athletic activity. That note should be submitted to the Athletic Trainer.** In the event a player returns to competition, by rule, that player may be ruled ineligible and a forfeited competition may result. (www.mshsl.org)

MD/PT/Follow-up Access:

Physicians: Fairview Sports and Orthopedic Care (FSOC) (multiple Twin Cities locations)

Same day/next day appointments: 612-672-7100 available 24/7

University of Minnesota Physicians (UMP) Sports Medicine

University Village 612-672-6697 (near TCF Bank Stadium)

University Department of Orthopedic Surgery: 612-273-9400

***Specialists in sports injury care musculoskeletal trauma/injuries:**

Spine, shoulder, upper extremity, wrist/hand

Hip, knee, ankle, foot

Physical Therapy/Rehabilitation: IAM Physical Therapy Clinics

IAM Roseville is near the Roseville Post Office on County Rd. B2

(West of Fairview Ave.)

Appointments: 612-672-7100 (this line is answered 24/7)

There are many other IAM PT clinics in the area to meet your non-sports and sports rehabilitation needs.

Fairview/FSOC/IAM also offers many other sports care related services. Call the main number above for more information.

