

PROUD SPORTS MEDICINE PROVIDER



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Two Rivers High School
Athletic Department

SETTING THE STAGE FOR SUCCESS

As the 2024–2025 school year begins, it's time for the Athletic Training Staff to prepare for a safe and successful season. As the school's Licensed Athletic Trainer, it is important for me to communicate with all coaches, student-athletes, parents, and guardians in order to provide quality services through Twin Cities Orthopedics (TCO). I hope this letter will provide you with ample information on how I strive to provide a positive experience for your student-athlete.

This informational letter will walk you through the services available to you and your athlete. Please contact me directly with any questions.

ATHLETIC TRAINER OVERVIEW

Athletic trainers are highly skilled healthcare professionals with expertise in the prevention, evaluation, and treatment of injury. They hold both a national certification following the passing of a Board exam, as well as obtaining a medical license from the state of Minnesota. From the onset of injury, through recovery and return to play, an athletic trainer works with your student-athlete every step of the way. The core competencies of an athletic trainer include:

- Injury Prevention and Wellness Promotion
- Examination, Assessment, and Diagnosis
- Immediate and Emergency Care
- Therapeutic Intervention
- Healthcare Administration and Professional Responsibility



Scan to discover a
safer approach or visit
ATYourOwnRisk.org

TCO is taking every possible measure to ensure the safety of our student-athletes, using recommendations from the National Athletic Trainers Association (NATA), the Minnesota Department of Health (MDH), and the Center for Disease Control (CDC), along with guidelines set by the school and/or district.

ABOUT TWIN CITIES ORTHOPEDICS

TCO is committed to providing world-class service. TCO's dedicated teams of independent physicians, specialty providers, and care coordinators serve patients in clinic locations, walk-in orthopedic urgent care locations, and numerous other therapy and specialty care settings across Minnesota and western Wisconsin. Regardless of the location, TCO delivers an exceptional patient experience, backed by decades of trusted orthopedic and sports medicine care.

TCO SERVICES

Orthopedic Urgent Care

Open 8 – 8 daily, TCO's urgent care clinics offer treatment for sudden, acute injuries. No referral or appointment is necessary to be treated by an orthopedic provider who specializes in muscle, bone, and joint care.

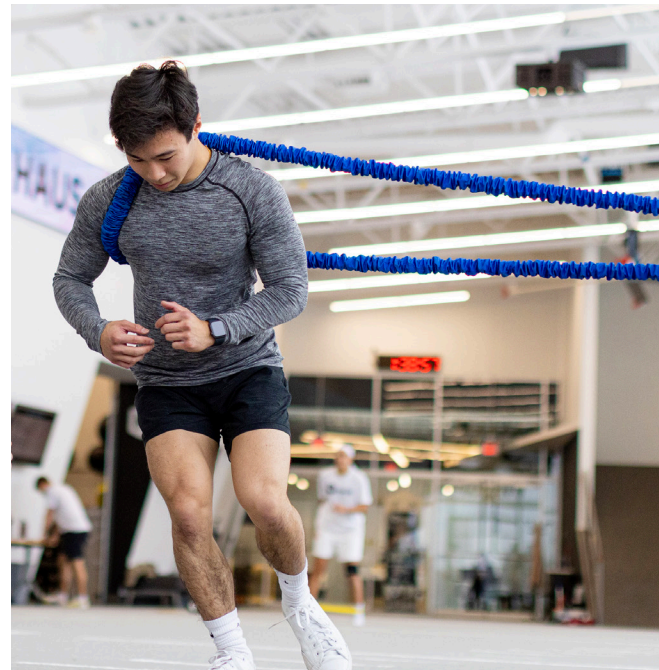
Specialty Care

Connect with your Licensed Athletic Trainer to learn more.

- Sports Injury Prevention
- Dry Needling
- Running Program
- Blood Flow Restriction
- Nutrition Services
- Sports Chiropractic Services
- Sports Massage
- Sport Psychology
- Aquatic Therapy
- Athletic Competition Enhancement (ACE)

Training HAUS

Training HAUS offers athletes of all ages and abilities access to elite athletic performance and recovery. Utilizing innovative, science-based methods, our industry-leading team of experts work together to form a personalized approach for every athlete. With locations across the metro, our goal is to challenge, inspire, and produce real results.

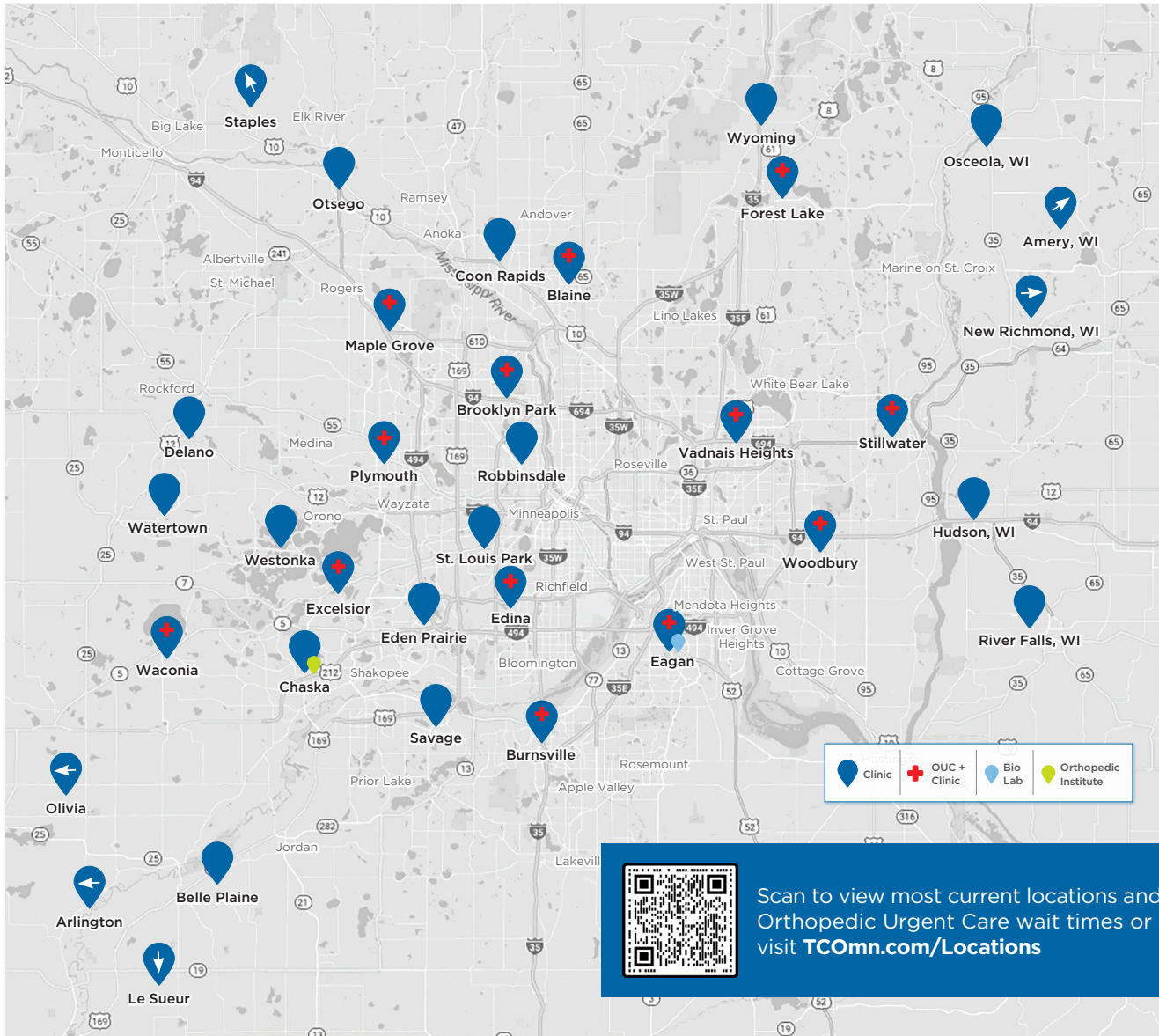


Scan to learn more about
TCO or visit TCOmn.com



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Training HAUS or visit
TrainingHAUS.com

TCO LOCATIONS



CLINICAL NAVIGATOR

TCO provides priority scheduling support for partner athletes and families through our Clinical Navigator. For easy access to appointments, connect with you Licensed Athletic Trainer or reach out directly to our Clinical Navigator at ClinicalNavigator@TCOmn.com.

HEALTHY ROSTER

All TCO Licensed Athletic Trainers working in the high school setting utilize Healthy Roster as the electronic medical record platform for your student-athlete. Healthy Roster gives TCO staff an efficient, HIPAA/FERPA compliant, protected platform for documentation purposes and provides a secure communication platform to discuss injury details with parents, coaches, and administrators as necessary.



Scan for more information or visit HealthyRoster.com

CONCUSSION MANAGEMENT

To ensure optimal care for student-athletes, TCO provides comprehensive concussion management services.

- **On-Site Primary Management:** Provided by your Licensed Athletic Trainer.
- **Physician Referral:** Access to Sports Medicine physicians and Sports Concussion rehabilitation specialists based on the recommendation of your Licensed Athletic Trainer or your concerns.
- **Pre-Injury Baseline Testing:** Optional ImPACT and Sway tests are available for baseline assessments. These are administered by your Licensed Athletic Trainer.
- **Return to Play Protocol:** Daily steps supervised by your Licensed Athletic Trainer according to the Minnesota State High School League guidelines.
- **Insurance Resources:** Information on Catastrophic, Concussion, and Tournament Play insurance is available through the Minnesota State High School League.

Student-athletes have access to our world-class concussion center at TCO Eden Prairie. This facility has the most advanced sports concussion technology and resources in the state.



Scan to read MN State guidelines



Scan for info on insurance resources

PHYSICIAN VISITS

If your athlete is in need of a physician visit during the school year due to an injury, please contact your Licensed Athletic Trainer directly for assistance finding and scheduling with a TCO physician.

IMPORTANT REMINDER

According to the Minnesota State High School League Rule (Bylaw 107.00), if your child receives care from a physician for injury or illness “the attending physician must certify in writing the students readiness to return to competition.” **THE ATHLETE WILL NOT BE ALLOWED TO PARTICIPATE WITHOUT A NOTE FROM A PHYSICIAN STATING SPECIFIC CLEARANCE FOR ACTIVITY.**

YOUR SIDELINE TEAM



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DR. RYAN COLE

Team Physician | Two Rivers High School

Internal Medicine, Board Certified, Primary Care Sports Medicine Fellowship
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