

EDEN PRAIRIE ATHLETIC TRAINING

Athletic training services are provided to Eden Prairie High School through the Institute for Athletic Medicine a service of Fairview and North Memorial Hospitals.

All student athletes may utilize the services that are offered by the Institute for Athletic Medicine and Eden Prairie High School once the appropriate consent to treat form has been signed by a parent or guardian. This form is now adopted through the MSHSL forms.

The athletic trainer is able to provide these services:

- First aid & Injury Evaluation
- Injury Prevention
- Rehabilitation techniques and other materials/education for athletic injuries

Concussion Management:

In the event your son or daughter were to sustain a concussion. The athletic trainer will work carefully and diligently to manage that injury appropriately and direct you to the appropriate medical care providers if necessary.

Concussion Hotline: 952-460-4440

Physician/ Physical Therapy Information:

If a serious injury occurs and you must seek further medical assistance, the athlete must present a doctor's note to clear the athlete to resume play before they can return to practice or games. Here are some resources of doctors, physical therapists, and clinics in the area that can be helpful in providing efficient services to your student athlete.

Physician Clinics:

Fairview Sports and Orthopedic Care: A non-surgical approach to the management of sports related injuries. Same day/ next day appointments

- Appointments: 612-672-7100, available 24/7
- Eden Prairie Clinic: 952-944-5314

Physical Therapy Clinics:

Some insurance plans will also allow for physical therapy appointments with no M.D. referral. Please verify with your insurance provider for coverage details.

Institute for Athletic Medicine

- Appointments: 612-672-7100
- <http://www.athleticmedicine.org/>
- Eden Prairie: 952-944-5314
775 Prairie Center Drive, Suite 250
Eden Prairie, MN 55344

Gary Smith, ATC
GSmith1@fairview.org
Phone: 952-975-8234

Training Room Hours:

Fall: 2:30-5:30pm
Winter: 2:30-5:30PM
Spring: 2:30-5:30PM

Athletic Training Room
located in the basement
behind the weight room.



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Physician Visits:

At some point during the sports season it may be necessary for your child to see a physician. I can work with you to obtain an appointment with a sports medicine physician. It is important to keep open lines of communication with all members of the sports medicine team and I will communicate with the physician your child sees to ensure a safe return to play.

If your son/daughter is seen or treated by a physician for an injury or serious illness, they must bring a written note from the physician before they can return to practice or play in a game. This is a Minnesota State High School League Rule (Bylaw 107.00) This is for the student's protection as well as to keep everyone informed as to the student's readiness. If you forget to get a note, you can have one faxed to me at 952-975-8104.

COVERAGE & HOURS:

Although I do not attend all events, all of the athletes are welcome to seek out my care. I am contracted to cover:

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
Football ALL levels	Basketball G/ B- Varsity, JV , 10	Softball- Varsity
Volleyball- Varsity	Hockey G/ B- Varsity & JV	Baseball- Varsity
Soccer G/ B- Varsity	Wrestling- Varsity & JV	Track & Field- Varsity
	Gymnastics	Lacrosse G/ B- Varsity

I also have daily athletic training rooms hours from 2:30-5:30pm

In the event of an injury, every effort is made to contact a parent or guardian. Should you have questions for me you may contact me via email at GSmith1@fairview.org. All efforts will be made to respond within one school day.

For after hours concerns please contact the athletic medicine hotline at (952) 920-8850 to speak to a certified athletic trainer.

Want to donate?

The athletic training room would appreciate gently used/new medical equipment that would be helpful for athletic injuries (crutches, sling, etc.) Contact the athletic trainer for more information.

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