

OFFICIAL SPORTS MEDICINE PROVIDER

Rosemount High School Athletic Department	Riley Grasser-Hemer, LAT, ATC Cell Phone: 715-554-1780 Email: RileyGrasser-Hemer@TCOmn.com
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Pre-Season Informational Letter

Our 2022-2023 sports seasons are starting, and it's time for the Athletics 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 and parents in order to provide quality services for Rosemount High School athletics through Twin Cities Orthopedics. I hope this letter will provide you with ample information on how I strive to provide a positive experience for your student-athlete here at Rosemount.

What is an Athletic Trainer?

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

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

Additional information on the profession of athletic training can be found by visiting: <https://www.atyourownrisk.org/>

Twin Cities Orthopedics 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.

This information letter will walk you through the services that are available to you. Please feel free to reach out with any questions.

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Sports Medicine, Physical Therapy and Rehabilitation Services

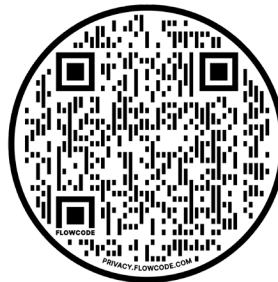
About Twin Cities Orthopedics

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.

To learn more, visit TCOmn.com.

TCO's programs include:

- Orthopedic Urgent Care clinics, open **7 days a week from 8am – 8pm**. Scan the QR code below for a full list of locations.



- **Specialty Programs offered through Twin Cities Orthopedics (at various locations):**

Sports Injury Prevention	Dry Needling	Running Program
Blood Flow Restriction	Nutrition Services	Concussion/Vestibular
Athletic Competition Enhancement (ACE)	Sports Chiropractic Services	Soccer
Golf Medicine	Sports Massage	TRAC
Throwing/Baseball	Sport Psychology	Aquatic Therapy

- **Training HAUS Powered by TCO**

Training HAUS, with a flagship location in Eagan, is an elite athletic performance and recovery philosophy that is unparalleled in the Twin Cities. Utilizing innovative, science-based methods, our industry-leading team of experts work together to form a personalized approach for the athlete. Collectively, we establish a foundation for athletic performance that promises to challenge, inspire and produce real results.

To learn more and find locations, visit TrainingHAUS.com.

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Primary TCO Clinic Location

As your Licensed Athletic Trainer, I will be utilizing the following TCO clinic, therapy and performance locations as the primary locations I refer to in order to provide our student-athletes with a complete injury care and management program.

TCO Burnsville - Clinic
1000 W 140th St., #210 | Burnsville, MN
952-808-3000

Training HAUS
2645 Vikings Circle, Suite 200 | Eagan, MN
952-456-7650

A wide range of health plans are accepted, and self-referrals are welcome. Please contact your insurance carrier directly for coverage details.

Rosemount High School
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715-554-1780 | RileyGrasser-Hemer@TCOmn.com

Hours and Sideline Coverage

Although I do not attend all events, all the student-athletes at all levels of play are welcome to seek out my care in the Athletic Training Room.

Hours

- **Athletic Training Room** – 2:30 pm – 6:00 pm *unless at game coverage

Coverage

- **Junior Varsity and Varsity:** Football (traveling with only varsity), Volleyball, Basketball, Hockey, Wrestling, and Gymnastics
- **Varsity:** Soccer, Cross Country, Lacrosse, Baseball, Softball, Track
- **Lower level:** on site/call for lower level sports

Healthy Roster

All TCO athletic trainers working in the high school setting utilize Healthy Roster as our 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 for me to discuss injury details with parents, coaches, and administrators as necessary. For more information on Healthy Roster, visit <https://www.healthyroster.com>

I will contact parents/guardians as needed in the event of an emergency. If you have questions, concerns or would like to discuss the plan of action for your child's injury, please contact me at: RileyGrasser-Hemer@TCOmn.com

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Concussion Management

Primary concussion management will be provided through the site Licensed Athletic Trainer, the student-athlete will then be referred to a sports medicine trained physician **if deemed necessary**. Referrals to a Sports Concussion Specialist are available and may be made based on your symptoms. If you would prefer to work with a physician regarding a concussion, please contact your Licensed Athletic Trainer so they can assist you in seeing a physician trained to treat this type of injury.

The ImPACT concussion test is a tool we have available to our student-athletes to help us in our clinical diagnosis and return to activity decisions. This is a computer-based test that uses multiple different tasks to determine aspects such as memory recall, reaction time, etc. This test is not required for participation in athletics by the school or the Licensed Athletic Trainer but may be required per coach's discretion. If you would like your child to take a pre-injury baseline ImPACT test (should the event of a concussion occur it is beneficial to have a baseline in order to compare results rather than using the normative data) please contact Riley Grasser-Hemer, LAT, ATC for administration of the test.

Concussion Return to Play management will be supervised by your Licensed Athletic Trainer according to the [Minnesota State High School League guidelines](#). There is a mandatory 24 hour rest period between each of the 5 phases of supervised return to play.

Please contact your Licensed Athletic Trainer with any questions.

The Minnesota State High School League does offer Catastrophic, Concussion and Tournament Play Insurance Resources. This is not a TCO service, but the information can be found on the [MSHSL webpage](#).

Physician Visits

If your child is in need of a physician visit during the year due to an injury, please contact me directly and I will assist you with identifying a **sports medicine physician**. I can also facilitate a quicker appointment through the use of our team physician and supervising clinic.

For ALL doctor visits:

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.

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Sideline Team



Jason S. Holm, MD

Team Physician | Rosemount High School

Orthopedic Surgery, Board Certified
Sports Medicine Fellowship

TCO Locations | Burnsville, Eagan

Jason S. Holm, MD, is a fellowship-trained, board certified sports medicine surgeon with a special interest in facilitating the return of all his patients to an active and healthy lifestyle. He has a special interest in utilizing techniques that maximize the short term and long term function of joints. He often sees second opinion or revision cases where cartilage transplantation, meniscus transplantation, hip labral reconstruction or osteotomies are required to restore joint health. He also performs robotic arthroplasty when joint preservation is no longer feasible.

Dr. Holm enjoys spending time with his wife and four children when he's not working. As an "aging athlete" himself, his activity interests include Crossfit, coaching and watching wrestling, football, fishing, skiing, and golf.



Riley Grasser-Hemer, LAT, ATC

Licensed Athletic Trainer | Rosemount High School

Education: Bachelors of Science in Exercise Physiology and Masters of Science in Athletic Training at the College of St. Scholastica

Number of Years at Rosemount: 2

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Clinical Navigator

TCO provides concierge care coordination and priority scheduling support for partner athletes. Our Clinical Navigators provide easy access to specialty provider appointments, including; physician, physical therapy, and concussion.

Your athletic trainer will assist you in contacting the Clinical Navigator, or you could reach them at ClinicalNavigator@TCOmn.com or scan the QR code below.



COVID-19 Safety Precautions and Expectations

We at TCO will be following the current Minnesota State High School League (MSHSL), Minnesota Department of Health (MDH), and Centers for Disease Control (CDC) guidelines. Please reach out using the contact information listed above for any specific questions.

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