



OFFICIAL SPORTS MEDICINE PROVIDER

Edina High School **Certified Athletic Trainers**

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Pre-Season Sports Medicine Informational Topics

Our 2023-2024 sports seasons have kicked off, and it's time for our athletic department staff to prepare for a successful season. As Edina High Schools Certified Athletic Trainers, and Employees of Twin Cities Orthopedics, it is important for us to communicate with all coaches, athletes, and parents to provide the highest quality of sports medicine services for Edina High School athletic programs. I hope this informational letter will contribute to providing athletes here at Edina with a positive athletic experience and contribute to providing comprehensive athletic injury care to all of our participating student-athletes.

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](https://www.tcomn.com).





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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/>

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.

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

Edina High School / Twin Cities Orthopedics

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Primary TCO Clinic Locations

As your MN Licensed Certified Athletic Trainers, we will be utilizing the following TCO clinics for therapy and performance-based sports medicine services, as the primary locations I will be referring Edina's student-athletes for comprehensive athletic injury care and management services.

TCO Edina- Cross Town Clinic
4010 W. 65th St. | Edina, MN
952-456-7000

TCO Eagan- Viking Lakes
2700 Vikings Circle | Eagan, MN
952-456-7600

Training Haus Edina
4100 Minnesota Dr. Unit 100 | Edina, MN
952-456-7000

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

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
Blood Flow Restriction
Athletic Competition Enhancement (ACE)
Golf Medicine
Throwing/Baseball

Dry Needling
Nutrition Services
Sports Chiropractic Services
Sports Massage
Sport Psychology

Running Program
Concussion/Vestibular
Soccer
TRAC
Aquatic Therapy

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SPORTS PERFORMANCE SERVICES

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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Meet the Edina High School Sports Medicine Team

Certified Athletic Trainers and Strength & Conditioning Staff:



Steve Tschida, B.S., M.Ed., LAT, ATC | Head Certified Athletic Trainer | 651-492-5556

Education: Bachelor of Science, University of Minnesota | Master of Education, University of Minnesota.

Number of Years at Edina High School: 28 | stevetschida@tcomn.com

A graduate of the University of Minnesota, Steve became a member of the Edina High School Sports Medicine staff in the fall of 1994. Over the past 28 years, Steve has developed a very professional, respectful, and trusting relationships with our student-athletes and community. As Head Athletic Trainer Steve has an opportunity to be a valuable educational resource for our student athletes who visit our sports medicine facilities for athletic injury care, and to have a positive influence in their student-athlete experience through the comprehensive delivery of sport medicine services.



Ravid Goldman-Henley, B.S., M.S., LAT, ATC | Assistant Certified Athletic Trainer | 617-835-2965

Education: Bachelor of Science Exercise Science, Ithaca College | M.S., Athletic Training, Minnesota State University, Mankato.

Number of Years at Edina High School: 2nd Year | ravidgoldmanhenley@tcomn.com

A graduate of the Minnesota State University, Mankato, Ravi became a member of our sports medicine staff in the fall of the 2021-2022 School Year. Ravid will be an integral part of our Sports Medicine Team as a provider of comprehensive athletic injury care to our student-athletes. Ravid will be providing quality athletic injury care and management services at our community center & high school athletic training room facilities during the fall, winter, and spring seasons.



**Lindsey Markel, M.S., CSCS, CPT | Strength & Sports Performance Coach | Edina High School
Wellness Center Supervisor**

Education: St. Catherine University

Number of Years at Edina High School: 1st Year | Lindseymarkel@tcomn.com

Lindsey Markel, MS, CSCS, CPT, is originally from North Dakota where her passion for sports performance developed from a young age, growing up in the weight room and competing in several sports. She earned her Bachelor of Science (BS) from St. Catherine University in Exercise Sport Science and Master of Science (MS) from UW-River Falls in Strength and Conditioning. Lindsey played collegiate volleyball at two NCAA institutions where she earned accolades in strength and conditioning. Lindsey brings coaching experience from the private sector, personal training, and multiple DIII institutions where she most recently led as Director of Athletic Performance training 26-Varsity Teams.

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Steve Tschida, B.S., M.Ed, LAT, ATC

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Team Physicians:

Christopher M. Larson, MD | Team Physician

Fellowship: Sports Medicine

TCO Locations: Eagan-Viking Lakes, Edina-Crosstown



Dr. Christopher Larson is a nationally and internationally renowned fellowship-trained orthopedic sports medicine surgeon who specializes in cutting edge techniques for ACL reconstruction, Meniscal Repair, Hip Arthroscopy, FAI surgery and Hip Labral Repair, Proximal Hamstring Repair, Hip Abductor Tendon Repair, and Exertional Compartment Syndrome in Athletes.

Dr. Larson has extensive experience with high school, collegiate, and professional athletes and provides coverage for a number of sports teams. He is currently the Head Team Physician for the Minnesota Vikings (NFL) and Former team physician for the Minnesota Wild (NHL). In addition, Dr Larson regularly sees other professional athletes from various Major League Baseball, NBA, NHL, NFL, and professional Soccer teams.

Greg Lervick, MD | Assistant Team Physician

Fellowship: Sports Medicine

TCO Locations: Edina Crosstown, Eagan-Viking Lakes



Greg Lervick, MD, is a fellowship-trained orthopedic surgeon, who specializes in shoulder and elbow injuries and conditions.

Procedures Dr. Lervick specializes in include shoulder arthroscopy, shoulder instability surgery, rotator cuff repair, total and reverse total shoulder replacement, elbow surgery, Tommy John surgery and elbow arthroscopy.

Assistant Team Physician, Cedar Rapids RoughRiders, USHL (1999 – 2001)

Assistant Team Physician, Edina HS (2009 – Present)

Orthopedic Consultant, Hamline University, St. Paul, MN (2005 – 2011)

Orthopedic Team Physician, Augsburg College (2008 – 2015)

Team Physician, Lakeville North & South HS (2005 – 2007)

Team Physician, Minnesota Vikings (2015 – 2019)





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Team Physicians: (Cont.)

Corey Wulf, MD | Assistant Team Physician



Fellowship: Sports Medicine

TCO Locations: Edina Crosstown, Eagan-Viking lakes

Corey A. Wulf, MD, provides specialty care in orthopedic sports medicine. Dr. Wulf performs arthroscopic surgery of the shoulder and knee such as shoulder instability, rotator cuff tears, meniscus tears, and ACL tears. Dr. Wulf also provides care for athletic hip injuries. Dr. Wulf has an interest in multi-ligament knee reconstruction and cartilage transplant. Dr. Wulf also provides general orthopedic services which includes fracture care and joint replacement surgery.

For urgent scheduling needs, please call 952-456-7010.

Team Physician: Minnesota Twins

Team Physician: Hamline University (2012 – Present)

Team Physician: Minnesota United FC Professional Soccer Club (2014 – 2016)

Assistant Team Physician: Edina High School

Christie Heikes, MD



Fellowship: Sports Medicine

TCO Locations: Edina Crosstown

Dr. Christie Heikes, MD, is a board-certified orthopedic surgeon and fellowship trained in sports medicine. Her surgical interests focus on athletic injuries including knee arthroscopy, minimally invasive ACL reconstruction, revision ACL reconstruction, meniscal surgery, pediatric sports medicine, and disorders of the patellofemoral (knee cap) joint.

Team Physician: Perpetual Motion Gymnastics (Woodbury, MN)

Team Physician: St. Catherine University

Team Physician: Legacy Gymnastics

Dynamics Gymnastics Clubs

Jam Hops Gymnastics

TAGS Gymnastics Clubs

Twin Cities Twisters

Brad Moser, MD



Fellowship: Sports Medicine

TCO Locations: Eagan-Viking Lakes, Edina Crosstown, Eden Prairie

Brad Moser, MD, is a primary care sports medicine physician specializing in a wide range of sports medicine concerns, including management of acute and chronic musculoskeletal problems. Dr. Moser is an experienced sports medicine physician and has worked with young athletes and active adults to the highest level of professional athlete.

Team Physician: United States Men's and Women's National Soccer Teams (2004-Present); 35+ international trips/camps attended.

Founder and Director: The Minnesota Dance Medicine Foundation

Team Physician: Minnesota United FC Professional Soccer Club (2014 – 2017)

Tournament Team Physician: Western Collegiate Hockey Association – Final Five Tournament (2005 – 2013)

Team Physician: Augsburg College (2004 – 2012)

Fellow Team Physician: Kansas City Chiefs Training Camp (2003 – 2006)



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Team Physicians: (Cont.)

John T. Beecher, MD



Fellowship: American Academy of Family Physicians
Edina Family Physicians: Vernon Ave So.

The founder of Edina Family Physicians. He has over 45 years of experience in family practice. Areas of special interest in addition to Family Practice includes Sports Medicine. Dr. Beecher has been an integral part of our sports medicine team for 35 Years.

- * Medical Staff, Minneapolis Sports Medicine Center
- * Top Doctor (voted by peers), Mpls. St. Paul Magazine
- * Assistant Team Physician, Minnesota Timberwolves Basketball Team
- * Team Physician, Edina High School Football Team for 35 years
- * Team Physician, MN State HS League Tournament
- * Member, Hennepin County Medical Society Member, Minnesota Medical Association

Physician Visits

If your child's injury or illness requires a physician visit during the school year, please contact me directly and I will assist you with identifying the most appropriate **sports medicine physician**. I can also facilitate a quicker appointments by using our team physicians, care coordinators, and clinic navigators.

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 care.

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.





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COVID SAFETY PRECAUTIONS, PROTOCOLS, AND EXPECTATIONS – RETURN TO PLAY (RTP)

Student-Athlete: Positive Covid-19: Regardless of vaccination status.

If you tested positive for Covid-19 or have symptoms, regardless of vaccination status.

1) Isolate for 5 days: If symptomatic, Day 1 is the first full day after your symptoms first appeared or if asymptomatic, the first full day after your symptoms first presented.

- **Individuals may not participate in in-person practice or interscholastic competitions;** Including, but not limited to games, meets, and scrimmages etc.
- **Stay Home:** Isolate for 5 days from others. Wear a mask if you must be around others in your home.

2) You can resume team practice sessions: Day 6-10.

- 5 days since symptoms first appeared, or if asymptomatic, from the date of positive test,
- 24 hours with no fever without the use of fever-reducing medications and
- Other symptoms of COVID-19 are improving
-

3) Individuals Should wear a mask through Day 10.

- Individuals may not actively participate in swimming and diving or while stunting in cheer activities as a mask cannot be worn safely (*See Below)

***Note: With 2 sequential negative antigen tests 48 Hours apart, the mask may be removed sooner than Day 10.**

4) Additional Information and Definitions:

- **“Individuals”** includes student participants, student managers, coaches, and any others with regular proximity to a team of any MSHSL governed activity or sport.





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Current COVID-19 Resources for Coaches, Student-Athletes, and Families:

MSHSL Covid-19 Notice

<https://www.mshsl.org/sites/default/files/2023-08/MSHSL%20COVID%20Requirements%208.16.23.pdf>

MSHSL Covid Positive Participation Requirements

<https://www.mshsl.org/sites/default/files/2022-08/MSHSL%20COVID%20Requirements%208.18.22T.pdf>

Isolations and Precautions for people with Covid-19

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

MDH Covid-19 Isolation Guide

<https://www.health.state.mn.us/diseases/coronavirus/schools/youthiso.pdf>

24 Hour Testing Results: Quick PCR Test Results.

<https://oraldna.com>

COACHES SAFETY CHECKLIST: FOR SPORTS PARTICIPATION DURING COVID-19

https://www.nata.org/sites/default/files/general_sports_safety_checklist_during_covid-19.pdf





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Concussion Management

Primary concussion management will be provided through the site 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 presentation of symptoms. If you would prefer to work with a physician regarding a concussion, please contact your 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 neurocognitive baseline information pertaining to the following composite(s); Verbal Memory, Visual Memory, Reaction Time, and Motor Speed. This test is not required (highly recommended) for participation in athletics by the school or the Athletic Trainer, but may be required per coach's discretion. We will be scheduling some ImPACT Baseline Testing for various sports prior to their respective seasons. If you would like your child to take a pre-injury baseline ImPACT test please contact **Steve Tschida, M.Ed., ATC** for administration of the test.

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

Resources:

Post-Concussion Return to Sport (RTP) Progression.

[TCO RTP Non-Sport Specific.pdf](#)

<https://impacttest.com/>

<https://tcomn.com/head-turning-facts-myths-about-concussions/>

<https://tcomn.com/wp-content/uploads/2017/10/MSHSL-Concussion-Form.pdf>





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Training Room Hours and Sideline Coverage

Although we do not attend all events, at all levels of participation, we welcome **ALL** student-athletes to utilize our Sports Medicine Services at all of our Athletic Training Room locations.

Training Room Hours:

Edina High School: Fall, Winter, & Spring Seasons: 9:00am - 6:30pm

Edina Community Center: Fall & Spring Seasons: 3:15pm - 6:30pm

*Hours may vary due to event coverage responsibilities. Please see posted **Daily Training Room Hours** posted at our facilities.

Event Coverage:

Junior Varsity and Varsity: Football All Levels (traveling with varsity only), Volleyball, Boys and Girls Basketball, Boys and Girls Hockey, Wrestling, Boys & Girls Lacrosse, Competition Cheer, and Gymnastics.

Varsity: Boys & Girls Soccer, Baseball, Softball, Dance Team, and Track & Field.

Note: We will contact parents/guardians as needed in the event of an injury or emergency. If you have questions, concerns or would like to discuss the plan of action for your child's injury, please contact our Certified Athletic Trainers.





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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:

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