SUMMIT ORTHOPEDICS

Official Sports Medicine Partner of **Mounds View High School**

Your Summit Orthopedics team is looking forward to partnering with you to ensure a healthy + active sports season.

As an athletic trainer, I will be present on the sidelines to treat acute injuries. During athletic training room hours, I am available to assess injuries and to prepare your athlete by developing injury prevention programs and providing rehabilitation recommendations.

If your student athlete 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.

Please come and see me!
Katie

MOUNDS VIEW TEAM



Katie Espe
MS, ATC, LAT
kespe@summitortho.com
Athletic Training Facility Hours:
2–6 p.m.



Eric Khetia, M.D.
Team Voicemail: (651) 968-5237
Orthopedic surgeon specializing in knee and shoulder arthroscopic surgery and sports medicine

ACCESS TO CARE

Summit Orthopedics is committed to concierge-level service to all Mounds View High School athletes. The school's athletic trainer will navigate you to the appropriate care team providing easy access and scheduling priority to specialists and rehabilitation services.

ORTHOPEDIC URGENT CARE

When care is needed right now, walk into our Orthopedic Urgent Care to be seen by an orthopedic expert. Open daily 8 a.m. to 8 p.m. in Eagan, Eden Prairie, Lakeville, Plymouth, Vadnais Heights, and Woodbury.

ABOUT SUMMIT ORTHOPEDICS

Summit's sports medicine specialists diagnose and treat the full spectrum of injuries and conditions that come with active lifestyles. Partnering with you, they design personalized treatment plans to safely accelerate your child's recovery — less time in the doctor's office and more time back to an active life.

CONCUSSION MANAGEMENT

Primary concussion management will be provided through the school Athletic Trainer. Referrals to a Sports Concussion Specialist may be made based on the athlete's symptoms. A baseline concussion test will be offered once a year to all athletes participating in contact sports. This test is used to support your athlete following a concussion. Concussion Return to Play management will be supervised by your Licensed Athletic Trainer according to the Minnesota State High School League guidelines.

RETURN TO PLAY

In adherence to Bylaw 107.02 of the Minnesota State High School League Handbook, in the event that your child seeks medical attention due to major surgery or serious illness or injury, it is mandatory for the attending physician to provide written certification confirming the student's readiness to resume participation in competitive activities. The athlete will not be permitted to take part in their given sport without a physician's note explicitly stating readiness for such activities.



SUMMIT ORTHOPEDICS: VADNAIS HEIGHTS

3580 Arcade Street South | Vadnais Heights, MN 55127

Clinic Hours:
Monday–Friday | 8:00 AM–4:00 PM
Orthopedic Urgent Care Hours:
Monday–Sunday | 8:00 AM–8:00 PM