

## **Holy Family Catholic HS Athletic Trainer**

(Contracts through Ridgeview Rehab Specialties and Ridgeview Sports Medicine)

*Nichole Gross, MS, ATC*

Certified Athletic Trainer (NATABOC certified, MN State Athletic Trainer Registered)

**CONTACT DETAILS:** *\*\*feel free to contact me anytime with questions or concerns*

Contact Clinic: Waconia

Contact Number: (952) 442-7850

Contact E-mail: nichole.gross@ridgeviewmedical.org

**FALL SCHOOL VISITS:** *\*\*no school visits on holidays, school closings for any reason\*\**

Mondays and Thursdays from 2:45 – 3:45 p.m. (August 15, 2011 – November 10, 2011)

### **REHAB SPECIALTIES SERVICES IN ADDITION TO SPORTS MEDICINE SCHOOL OUTREACH:**

#### 1. Injury Care for Athletes

- group rehab with other athletes, cash for service program
- treatment and care for acute athletic injuries
- ask your athletic trainer for hours of operation and pricing details

#### 2. Sports Injury Consultation

- 1 visit per injury if ATC not available at school, part of agreement with HFC; no cost to athlete
- must be scheduled ahead of time at one of out-patient clinics by coach, parent, or athlete
- injury evaluation and treatment recommendation
- appointment with ATC

#### 3. Out-Patient Rehab

- needs MD referral in most cases to be covered by health insurance
- one on one attention with physical therapist and / or athletic trainer

#### 4. Injury Aftercare

- cash for service program
- advanced functional activity to help return athlete to play after injury or surgery

#### 5. FIT Personal Fitness Consultations/ Sports Enhancement

- cash for service program
- 2 week summer strength and conditioning focusing on agility, flexibility, speed, and strength
- 1-1 Fitness Consultation/Sports Enhancement sessions

#### 6. ImPACT Concussion Testing

- cash for service program
- computer-based neuro-cognitive concussion testing
- for those at risk of or those who have sustained a head injury

#### 7. Saturday Morning Acute Injury Clinic (Sept. 3 – October 15, must be there by 8am to be seen)

- The Saturday AM clinic is intended to provide more timely care to an athlete's injury to help recovery. If needed, orthopedic doctors are on-call for consultation. This is a free service to the athlete unless the athletic trainer feels a MD must provide further evaluation or diagnostic imaging. Adults can be evaluated for a \$35.00 fee. This service is held at our Rehab Specialties location in the Ridgeview Professional building.
- *This process is not intended to replace any emergent care on game night. Send your athlete to a hospital if you have any questions on the severity of the injury.*

### **Ridgeview Rehab Specialties Clinic Phone Numbers**

Chanassen: 952-906-7880

Chaska: 952-556-2656

Westonka: 952-442-7898

Waconia: 952-442-2191 x6075

July 19, 2011

PARENTS / GUARDIANS OF STUDENT ATHLETES AT  
Holy Family Catholic High School

Dear Parents / Guardians:

I would like to take a few moments and introduce myself and the Ridgeview Rehab Specialties Sports Medicine Program, a service of Ridgeview Medical Center. My name is Nichole Gross, a Certified Athletic Trainer, registered in the State of Minnesota. I am looking forward to my third year serving as the Athletic Trainer for Holy Family.

The goal of the RRS - Sports Medicine program is to evaluate potential injuries, provide injury prevention suggestions, assist athletes with home management of injuries, make referrals for further medical evaluation, provide return to participation strength & conditioning routines, provide emergency medical assistance during game nights and finally, return athletes back to competition quickly but safely. The sports medicine team consists of athletic trainers, physical therapists, and physicians (family and orthopedists). We are in close communication with these physicians for all medical needs of the athletes.

Athletic trainers specialize in injury and illness prevention, assessment, treatment and rehabilitation for all physically active people, including the general public. Our main purpose is to help manage injuries through prevention. We would rather “teach” than “treat”, but when problems arise we stress close communication between the athlete, coach, parent and physician. It is our goal to work with each school to provide their athletes with a safe and positive experience.

Typically, I am available to meet with student-athletes on Mondays and Thursdays in the Athletic Training Room at the High School from 2:45-3:45 pm. I or someone from the Sports Medicine staff will also be on-site for most JV / Varsity home events. If there are two home events, the higher risk sport will be covered.

If an athlete requires evaluation and needs attention before the next scheduled school visit or home event, we provide free athletic checks by a Certified Athletic Trainer. This requires an appointment made by the athlete, parent or coach. This appointment may be made at any of our Ridgeview Rehab Specialties clinics.

I look forward to meeting as many parents as possible in the upcoming year - please introduce yourself if I haven't met you. Please see the back of this page for clinic contact numbers / locations and other services offered through Ridgeview Sports Medicine.

Sincerely,

*Nichole Gross, MS, ATC*

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Ridgeview Rehab Specialties – Waconia  
(952) 442-7850  
nichole.gross@ridgeviewmedical.org



## **ImPACT Concussion Management System**

ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the first, most widely used, and most scientifically validated computerized concussion evaluation system.

Developed in the early 1990's by Drs. Mark Lovell and Joseph Maroon, ImPACT is a 20-minute test that has become a standard tool used in comprehensive clinical management of concussions for athletes of all ages. ImPACT Applications, Inc. was co-founded by Mark Lovell, PhD, Joseph Maroon, MD, and Michael (Micky) Collins, PhD.

Given the inherent difficulties in concussion management, it is important to manage concussions on an individualized basis and to implement baseline testing and/or post-injury neurocognitive testing. This type of concussion assessment can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of a concussion. In fact, neurocognitive testing has recently been called the "cornerstone" of proper concussion management by an international panel of sports medicine experts. ImPACT is the most widely used computer-based testing program in the world and is implemented effectively across high school, collegiate, and professional levels of sport participation.

ImPACT takes approximately 20 minutes to complete. The program measures multiple aspects of cognitive functioning in athletes, including:

- Attention span
- Working memory
- Sustained and selective attention time
- Response variability
- Non-verbal problem solving
- Reaction time

Ridgeview Sports Medicine has very strict guidelines for returning athletes to play after sustaining a concussion. We require that the injured athlete be without symptoms for at least 7 days before a graduated return to play protocol begins (which lasts 6 more days). Our guidelines reflect current recommendations for management of concussions from the MSHSL and NCAA. The ImPACT system is just another tool we use to determine if the athlete is in fact without symptoms and ready to safely return to play.

### **How is Holy Family High School using this system?**

Holy Family High School purchased the ImPACT system through their sports medicine agreement with Ridgeview. It was pre-determined by Ridgeview Sports Medicine and Matt Thuli that athletes who compete in sports with the highest incident of head injuries would receive baseline testing. If your student-athlete received a baseline test last year, and has not sustained a concussion since that time, they do not need to retest this school year. Baseline tests for adolescents are only needed every two years. Athletes in the following sports, grades 9-12:

- Football
- Boys Soccer
- Girls Soccer

- Boys Hockey
- Girls Hockey
- Boys Lacrosse
- Girls Lacrosse

### **What have the tests shown us?**

What we are seeing is that even though the athlete may be reporting they are free of any physical symptoms, they are in reality still experiencing some of those cognitive symptoms that occur after sustaining a concussion. We feel that this was likely the case in years past but cognitive symptoms are harder for the athlete to pick up on and therefore probably went unreported. As a result in some cases these athletes may have been returned to participation too soon.

Athletes who are not fully recovered from an initial concussion are significantly vulnerable for recurrent, cumulative, and even catastrophic consequences of a second concussion. Such difficulties are prevented if the athlete is allowed time to recover from a concussion and return to play decisions are carefully made. No athlete should return to sport or any other high-risk activity when symptoms of concussion are present and recovery is ongoing.

Now we can rest assured that these athletes are returning to participation safely, with minimal risk of cumulative damage. This is their brains we are talking about; they need them for the rest of their lives!

Jessica Hess, MA, ATC  
Ridgeview Sports Medicine Coordinator  
952-442-7853  
jessica.hess@ridgeviewmedical.org

Nichole Gross, MS, ATC  
Athletic Trainer – Holy Family High School  
952-442-7850  
nichole.gross@ridgeviewmedical.org

