

OFFICIAL SPORTS MEDICINE PROVIDER

Eastview High School
Athletic Department

Tricia Wankum, MS, LAT, ATC, CES, TSAC-F
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Pre-Season Informational Letter

Our 2019-2020 sports seasons are starting, and it's time for the athletic staff to prepare for a successful season. As the school's Athletic Trainer, it is important for me to communicate with all coaches, athletes and parents in order to provide quality services for Eastview High School athletics through Twin Cities Orthopedics. I hope this informational letter will contribute to providing athletes here at Eastview with a positive athletic experience.

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

Sports Medicine, Physical Therapy and Rehabilitation Services

About Twin Cities Orthopedics

Twin Cities Orthopedics is an all-inclusive orthopedic, sports medicine and wellness provider. For more than 75 years, TCO has proudly provided a full spectrum of orthopedic care devoted to the diagnosis, treatment, rehabilitation and prevention of injuries and conditions that affect the body's muscles, joints and bones. TCO's expertise includes services such as imaging, outpatient care, orthotics and prosthetics, and custom research based sports performance programs.

TCO's integrated team led by 115+ orthopedic physicians strive to provide superior quality care for people of all ages and abilities at more than 35 state-of-the-art facilities in the Twin Cities and at nine orthopedic urgent care clinics. Visit TCOmn.com to learn more.

TCO's programs include:

- Orthopedic Urgent Care clinics, open **7 days a week from 8am – 8pm**

TCO Blaine

TCO Edina - Crosstown

TCO Stillwater

TCO Burnsville

TCO Maple Grove

TCO Waconia

TCO Eagan – Viking Lakes

TCO Minnetonka

TCO Woodbury

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

Sports Injury Prevention

Functional Movement Screening (FMS)

ACE – Athletic Competition Enhancement

Golf Medicine

Baseball & Softball Throwing

Biometric training/testing

Nutritional Services

Sports Chiropractic Services

Sports Massage

Sports Psychology

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- Training HAUS Powered by TCO

Training HAUS is conveniently located in Eagan at Viking Lakes. Adjacent to the Twin Cities Orthopedics Performance Center, the new home of the MN Vikings, this elite performance facility brings everything under one roof. With 22,000 square feet of turf, court, studio, and sports science lab space, this is a place for athletes to train, improve performance and recover. Powered by TCO (Twin Cities Orthopedics), every detail that went into the development of this unique facility is built on a foundation of science, research and world-class sports medicine expertise.

Visit TrainingHAUS.com to learn more.

Primary TCO Clinic Location

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

TCO Burnsville 1000 W 140 th St, #201 Burnsville, MN 952-808-3000	TCO Eagan-Viking Lakes 2700 Vikings Circle Eagan, MN 952-456-7600	Training HAUS 2645 Vikings Circle, #200 Eagan, MN 952-456-7650
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A wide range of health plans are accepted and self-referrals are welcome. Please contact your insurance carrier directly for coverage details.

Hours & Sideline Coverage

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

Hours-

- **Fall and Winter seasons** – 2:30pm – 5:30pm
- **Spring season** – 2:30pm – 4:00pm

Coverage-

- **Junior Varsity and Varsity:** Football (traveling with only varsity), Volleyball, Boys and Girls Basketball, Boys and Girls Hockey, Wrestling, and Gymnastics
- **Varsity:** Boys and Girls Soccer, Baseball, Softball, and Boys and Girls Lacrosse

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:

- **Phone** - 816-853-5179
- **Email** – PatriciaWankum@TCOmn.com

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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 your 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 aspects such as memory recall, reaction time, etc. This test is not required for participation in athletics by the school or the 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 Tricia Wankum, MS, LAT, 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.

Please contact your Athletic Trainer with any questions.

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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Meet the Eastview School Sports Medicine Team

Randall A. Lewis, MD | Team Physician

TCO Locations: Burnsville, Eagan-Viking Lakes

Randall A. Lewis, MD, is a general orthopedist, with special interests in joint replacement, fracture care, and sports medicine. Dr. Lewis specializes in less invasive hip and knee replacement, arthroscopic knee and shoulder surgery, ACL reconstruction and rotator cuff repair. Dr. Lewis is board certified in sports medicine and joined TCO in 1998.

Jozef Murar, MD | Team Physician

TCO Locations: Burnsville, Edina - Crosstown

Jozef Murar, MD, is a fellowship-trained orthopedic surgeon who specializes in sports medicine and arthroscopic surgery of the shoulder, elbow, hip, and knee, as well the treatment of general orthopedic injuries and trauma. In addition to his clinical interest in sports medicine, Dr. Murar has a focused specialization in complex shoulder repair and reconstruction as well as knee ligament reconstruction and joint preservation using state of the art regenerative medicine, cartilage repair and transplant techniques, and biologic alternatives to surgery.

Dr. Murar grew up in the Twin Cities and attended Northwestern University in Chicago, IL for his undergraduate and medical degrees. He then completed his orthopedic surgery residency at Northwestern University and a sports medicine fellowship at Lenox Hill Hospital in New York City. At Lenox Hill, he received additional training in minimally invasive and advanced arthroscopic techniques for treatment of sports-related musculoskeletal injuries. During his fellowship, Dr. Murar participated in the care of athletes from the New York Jets (NFL), New York Islanders (NHL), and Manhattanville College (NCAA).

Following his sports medicine fellowship, Dr. Murar completed a traveling shoulder fellowship in France under the direction of world-renowned shoulder surgeons including Dr. Pascal Boileau (Nice), Dr. Gilles Walch (Lyon), and Dr. Laurent Lafosse (Annecy). In France, Dr. Murar learned minimally invasive techniques for complex shoulder instability problems as well as state of the art total and reverse shoulder replacement techniques in the arthritic shoulder.

In his free time, Dr. Murar enjoys spending time with his wife as well as skiing, hockey, tennis, hiking, and traveling.

Tricia Wankum, MS, LAT, ATC, CES, TSAC-F | Certified Athletic Trainer

Education: Bachelors, Missouri State University | Masters, Concordia University Chicago

Number of Years at Eastview High School: 1

“Being an athletic trainer is one of my greatest passions, and I believe that loving this job is what makes it never feel like work. I look forward to the unexpected chaos that comes with each new day, and the friendships and relationships that I have built and will continue to build are unforgettable.”

Shannon Rainey | Strength & Conditioning Coach | Training HAUS

Education: Bachelors, University of St. Thomas

Number of Years at Eastview High School: 1