

EASTVIEW HIGH SCHOOL ATHLETIC DEPARTMENT

ATHLETIC TRAINING & INJURY INFORMATION

TO: All Parents
FROM: Doug Nelson A.T.C./R
Head Athletic Trainer – Eastview High School
Training Room Phone: (952) 431-8948

The **Institute for Athletic Medicine (IAM)** provides the athletic training coverage at Eastview High School. The **IAM** is a service of Fairview Health Services and North Memorial Health Care.

TRAINING ROOM HOURS

The Eastview athletic training room is located at the west end of the main gym. The training room is open Monday-Friday during the following hours:

FALL	2:15 – 5:00 PM
WINTER	2:15 – 5:00 PM
SPRING	2:15 – 4:00 PM

THE TRAINING ROOM WILL BE OPEN ON SATURDAY'S FOR EVENT COVERAGE ONLY.

QUESTIONS ABOUT INJURIES

If you should have a question about an injury after hours, you may call the **Institute for Athletic Medicine's Hotline at (952) 920-8850**. This is staffed 24 hours a day by a certified and registered athletic trainer who can give you advice on any question you may have. This is a free service.

INJURIES OR ILLNESS REQUIRING DOCTOR VISIT

If your daughter or son is injured and is seen by or treated by a doctor, chiropractor or at an emergency facility, they **must** bring a written note from the doctor before they can return to practice or play in a game. This is a **Minnesota State High School League rule (Bylaw 107.00)** which states **"after major surgery or serious illness or injury, the attending physician must certify in writing the student's readiness for participation."** If you forget to get a note, you can have the note faxed to me at (952) 431-8911.

If you would like to be seen by a doctor who specializes in sports medicine, you can call the Minneapolis Sports Medicine Center (**MSMC**) at **(612) 273-4800** for same day/next-day appointments. They have doctors throughout the Twin Cities area.

SPECIAL IAM SERVICES

The **IAM** offers free injury screening and evaluations for recreational & competitive athletes, specialized programs for runners, throwers, golfers, back injuries and a specialized program designed "for women only." For appointments call the centralized appointment number at (612) 672-7100.

The three clinics in the Eastview area are:

BURNSVILLE
305 East Nicollet Blvd. #292
Burnsville, MN 55337
(952) 892-2650

APPLE VALLEY CEDAR RIDGE
15650 Cedar Avenue South
Apple Valley, Mn 55124
(952) 997-4170

EAGAN
1440 Duckwood Dr.
Eagan, MN 55122
(651) 688-7857

For information on the Fairview privacy policy, it can be found on the Fairview web site at Fairview.org and then clicking on the privacy note at the bottom of the page or a hard copy may be obtained in the athletic office at Eastview High School.