



OFFICIAL SPORTS MEDICINE PROVIDER

Edina High School Athletic Department

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

Cell Phone: 651-492-5556

Email: stevetschida@tcomn.com

Eric Risberg, B.S., ATC

Cell Phone: 507-456-7220

Email: ericrisberg@tcomn.com

Pre-Season Sports Medicine Informational Letter

Our 2020-2021 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 in order 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 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



OFFICIAL SPORTS MEDICINE PROVIDER

Primary TCO Clinic Location

As your MN Licensed Certified 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 Edina student-athletes with a complete injury care and management program.

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

TCO Edina Therapy & Performance
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.



Edina High School / Twin Cities Orthopedics

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

Email: stevetschida@tcomn.com | Phone Number: 651-492-5556



SPORTS PERFORMANCE SERVICES

The 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 all of our comprehensive sports programs under one roof. The 22,000 square feet of turf, court, studio, and sports science lab space is an ideal place for athletes to train, improve performance/recovery, and utilize athletic injury rehabilitation services. Powered by TCO (Twin Cities Orthopedics), every detail that went into the development of this unique facility is built on the foundation of science, research, and world-class sports medicine services.

Select Training HAUS services offered at Twin Cities Orthopedics' at the following clinic locations: Edina-MN Drive, Eden Prairie, Waconia Therapy & Sports Performance and Woodbury.

Please visit our Training HAUS website for further information regarding our sports medicine & performance services; Including, Sports Nutrition, Sports Psychology, Sports Science, Sports Performance, Sports Recovery, Sports Therapy, Sports Acupuncture, Sports Massage, and Sports Chiropractic care.

<https://traininghaus.com/>





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: Bachelors, University of Minnesota | Masters, University of Minnesota

Number of Years at Edina High School: 26 | 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. Steve continues to develop professional, respectful, and trusting relationships with our student-athletes. As Head Athletic Trainer he has the 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.



Eric Risberg, B.S., LAT, ATC | Assistant Certified Athletic Trainer | 507-4567220

Education: Bachelors, University of North Dakota

Number of Years at Edina High School: 9 | ericrisberg@tcomn.com

A graduate of the University Of North Dakota, Eric joined our sports medicine staff in the fall of 2011, and has been an integral part of our Sports Medicine Team in providing quality athletic injury care to our student-athletes. Eric will be providing comprehensive athletic injury care and management services at our community center & high school athletic training rooms during the fall, winter, and spring seasons.



Mollie Martin, MSc, CSCS | Strength & Conditioning Coach | Edina High School Wellness Center Supervisor

Education: B.S. Psychology, UW- Milwaukee. Masters of Strength & Conditioning, Cardiff, Wales.

Number of Years at Edina High School: 1 | molliemartin@tcomn.com

As a Minnesota native competing in hockey and rugby Mollie went to school at UW-Milwaukee where she pursued rugby at the D1 club level. Soon after completing her undergraduate degree in psychology, she moved to San Diego to follow her passion of fitness, rugby and traveling. While still competing at the elite level in rugby, Mollie worked at the American Council on Exercise as an Exam Preparation Specialist and worked part time as the strength and conditioning coach for the men's San Diego rugby team. She then followed moved to Cardiff, Wales (UK) to complete her masters in S&C including completing an internship with the PRO-14 professional rugby team, the Newport Gwent Dragons. Before returning back to the Twin Cities, Mollie took some time to travel before starting at TCO. Today, Mollie is an Associate Strength and Conditioning Coach and Supervisor at the Edina High School Wellness Center.



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)





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)

Jam Hops Gymnastics

Team Physician: St. Catherine University

TAGS Gymnastics Clubs

Team Physician: Legacy Gymnastics

Twin Cities Twisters

Dynamics Gymnastics Clubs

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)



OFFICIAL SPORTS MEDICINE PROVIDER

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 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.





OFFICIAL SPORTS MEDICINE PROVIDER

COVID SAFETY PRECAUTIONS AND EXPECTATIONS

With the current climate surrounding COVID, there are additional measures that need to be taken to ensure the safety of our staff, patients, and their families. Below are current recommendations based on current available evidence. Any TCO staff members covering events or working in an outreach setting must adhere to these recommendations. If the group that you are working with has additional precautions, those should be followed.

Please stay up to date on current CDC and Minnesota Department of Health guidelines for PPE and social distancing as these may be updated at any time.

EHS Certified Athletic Trainers: PPE

1) Masking Indoors:

N95 mask must be worn at all times.

2) Masking Outdoors:

Cloth or surgical mask must be worn at all times when close contact with others is necessary. Mask may be removed when others are a safe distance from you. TCO will provide staff with surgical masks. If the group you are working with requires masking at all times, the expectation is that you will follow their requirements.

3) Gloves:

Gloves may be worn when performing evaluations and working with patients. Hands should be washed/sanitized after every patient contact.

4) Eye protection:

Eye protection may be worn when interacting with patients; although, not required.

Other Athletic Training Room Considerations:

Follow social distancing guidelines | Don't allow training room to be overcrowded | Utilize sign-in sheets to assist with contact tracing | Athletes should wash/sanitize hands when entering and exiting | Eliminate use of Ice Bath/whirlpool for non-emergencies.

Sanitizing Procedures:

Treatment tables and equipment should be cleaned between each patient use | Other frequently touched surfaces should be cleaned regularly | Be familiar with your current products. What is the "wet" time? How long does it take to kill viruses?

Note: If bottles/coolers are being used they must be thoroughly cleaned after each use | Consider single use products when available | Wipes, paper towels, etc.



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

Student-Athlete: Positive Covid PCR+/Symptomatic

I think or know I had COVID-19, and I had symptoms

You can be around others after:

- 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- *Other symptoms of COVID-19 are improving
- Meet with ATC to determine RTP progression.

****Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation***

Note: These recommendations **do not** apply to persons with severe COVID-19 or with severely weakened immune systems (immunocompromised). These persons should follow the guidance below for “I was severely ill with COVID-19 or have a severely weakened immune system (immunocompromised) due to a health condition or medication. When can I be around others?”

I tested positive for COVID-19 but had no symptoms

If you continue to have no symptoms, you can be with others after **10 days have passed since you had a positive viral test for COVID-19**. Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

If you develop symptoms after testing positive, follow the guidance above for “**I think or know I had COVID-19, and I had symptoms.**”

I was severely ill with COVID-19 or have a severely weakened immune system (immunocompromised) due to a health condition or medication. When can I be around others?

People who are severely ill with COVID-19 might need to stay home longer than 10 days and up to 20 days after symptoms first appeared. [Persons who are severely immunocompromised](#) may require testing to determine when they can be around others. Talk to your healthcare provider for more information. If testing is available in your community, it may be recommended by your healthcare provider. Your healthcare provider will let you know if you can resume being around other people based on the results of your testing.

Your doctor may work with [an infectious disease expert or your local health department](#) to determine whether testing will be necessary before you can be around others.



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

What to do if you have an athlete with a “Known Exposure?”

“Known Exposure”- People identified as exposed (close contact) are those who spent at least 15 minutes within 6’ of the case; NO MASK, while the case was infectious (the infectious period starts 2 days before the case was tested, if they did not present with symptoms).

- Self-Quarantine for 14 Days after their last exposure to that person.
- May Have PCR test at any time. If positive revert to COVID + process.
- If symptoms arise during quarantine period, a PCR Test would need to be administered.

However, anyone who has had close contact with someone with COVID-19 and who:

- developed COVID-19 illness within the previous 3 months **and**
- has recovered **and**
- remains without COVID-19 symptoms (for example, cough, shortness of breath) **does not** need to stay home.





COVID SAFETY PRECAUTIONS AND EXPECTATIONS – RETURN TO PLAY (RTP)/PHYSICIAN RELEASE

If a student-athlete wishes to be seen by our TCO MD's regarding RTP medical considerations.

Here is what the student athletes need:

- 1) Copy of positive test with date of positive.
- 2) Contact Mairead Griffin, TCO Clinical Navigator, 952-456-7415 (maireadgriffin@tcomn.com) and she will be able to schedule the visit once these criteria are met. Patient cannot be scheduled until 10 days symptom free and a documented negative COVID test a minimum of day 11 from positive test.
- 3) Any school specific requirements for RTP clearance. This will be more applicable for college & pro. At the HS level, required evaluation will be guided by the managing physician unless the school, district, or MSHSL has a higher level of precedence for required testing (e.g. labs, echo, stress test).
- 4) Meet with ATC to discuss progression into exertional activities.

Return to Play (RTP) / Physician's Release.

Note: If the student-athlete is Covid PCR+ he/she will need a **PHYSICIANS MEDICAL CLEARANCE** prior to RTP (MSHSL by Law 107.00). ***See Page 7. Please obtain this at the time of initial testing with the directives for Return to Play criteria outlined in this document.***



Team Physician: Covid-19 Return to Sport

Dr. David Olson, MD

Fellowship: Sports Medicine

TCO Locations: Eagan- Viking Lakes

David Olson, MD, is a primary care sports medicine physician specializing in a wide range of sports medicine concerns; including, Covid-19 management, diagnosis and management of concussions, and acute and chronic musculoskeletal issues. Dr. Olson is an experienced sports medicine physician who has worked with various levels of athletes, from professional/elite athletes to the weekend warrior.

*Team Physician: Minnesota Twins

*Team Physician: Minnesota Vikings

*Medical Director and Team Physician: University of St. Thomas

*Team Physician: U.S. Weightlifting

*Team Physician: U.S. Soccer

*Team Physician: Roseville High School



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

What to do if you have COVID-19

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

COVID-19: When can you be around others after you have had or likely have Covid-19

https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprevent-getting-sick%2Fwhen-its-safe.html

COVID-19 Testing Locations. Pdf

<https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp>

COVID-19 Sports Guidance for Youth & Adults. Pdf

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

COVID-19 Prevention Guidance for Youth and Student Programs. Pdf

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

COVID-19 What to do if you're waiting for test results? Pdf

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

COVID-19 MSHSL NOTICE. Pdf

<https://www.mshsl.org/sites/default/files/2020-08/mshsl-covid-final-notice.pdf>

COACHES SAFETY CHECKLIST: FOR SPORTS PARTICIPATION DURING COVID-19

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





OFFICIAL SPORTS MEDICINE PROVIDER

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 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 **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.

Please contact your Athletic Trainer with any questions.

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: 9:30am - 6:00pm

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** at our facilities.

Event Coverage:

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

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

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.

Edina High School / Twin Cities Orthopedics

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

Email: stevetschida@tcomn.com | Phone Number: 651-492-5556