



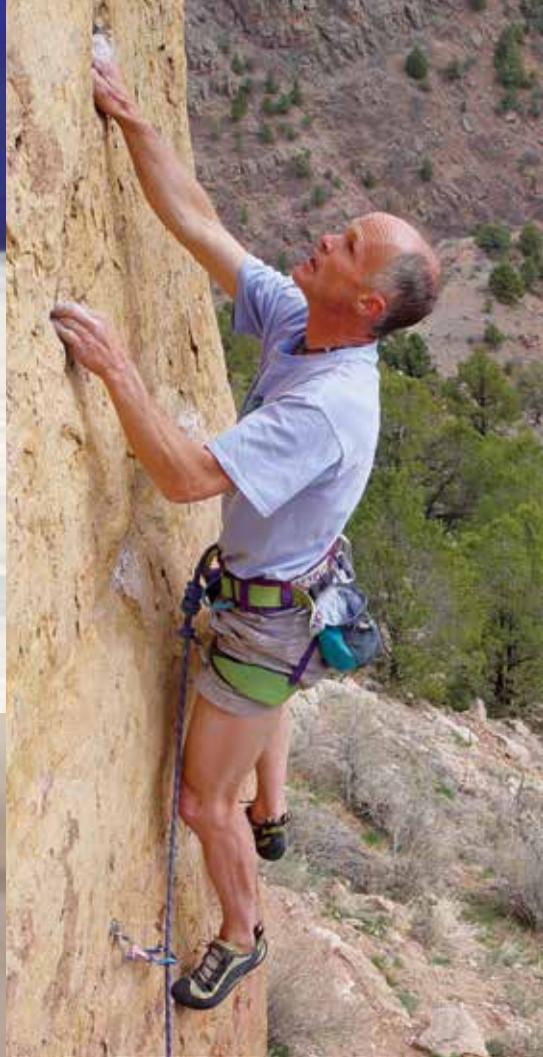
sports medicine and concussion services

Taking Care of Athletes of All Ages, from Recreational to Professional



ORTHOPAEDIC & SPINE CENTER OF THE ROCKIES
Specialists in the medicine of motion

www.orthohealth.com



sports medicine services

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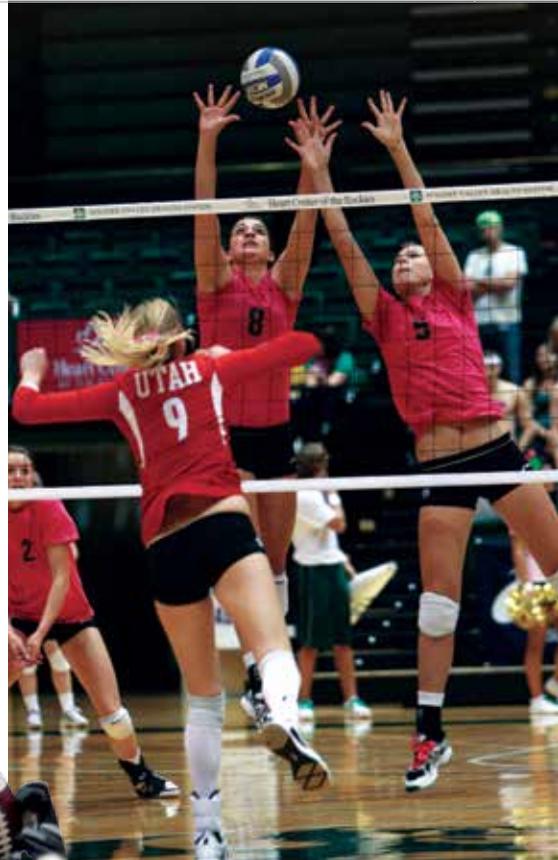
Our team of sports medicine professionals has taken care of thousands of competitive and recreational athletes from the Rocky Mountain region, across the country, and even around the world.

Many athletes have come to Orthopaedic & Spine Center of the Rockies (OCR) to receive highly specialized care for knee, shoulder, and other, often complex injuries.

We enjoy taking care of athletes of all ages, from youth to adults and seniors!

We also have experience treating competitors at all levels—from youth recreation leagues through high school and college levels and up to professional athletes.

Locally, our physicians and Athletic Trainers work with Colorado State University, Colorado Eagles hockey, Colorado Ice arena football, rodeo, and a large number of high school and club sports.



OCR'S SPORTS MEDICINE TEAM INCLUDES:

- Orthopaedic surgeons who are board-certified specialists
- Primary care sports medicine physicians
- Sports neuropsychologist
- Certified Athletic Trainers
- Physical and Occupational Therapists



sports
medicine
outreach

Our mobile sports
medicine trailers can
be seen throughout
the surrounding area!

Our staff of certified Athletic Trainers (ATs) drive the trailers to dozens of regional events, including high school, collegiate, and professional competitions.

Our ATs also provide coverage at global events such as USA Wrestling's international tournaments, the Pan-American Games, and the Olympic Games.

Our ATs are highly experienced in treating injured athletes and are supported by physicians dedicated to expedite care and treatment as needed.

We are dedicated to providing the best frontline care available for the athletes at the events we cover.

CERTIFIED ATHLETIC TRAINERS

Our front line of event coverage is provided by our group of ATs, dedicated to our sports medicine outreach program.

Our ATs work in our clinics, area high schools, and rural communities in the region evaluating athletes, and educating the coaches, players, and their families.

The ATs also represent a vital part of OCR's commitment to provide pre-season education and baseline concussion testing for many schools, clubs, and professional athletes. Our testing features the nationally recognized ImPACT® assessment system for sports concussions.

If your team or organization needs help establishing a state-of-the-art program for your athletes, let us know. We are here to help!



REGIONAL CONCUSSION CENTER

Developing a specialized Concussion Center for the region was a natural fit for OCR, given the athletes and teams we serve.

As the need emerged for comprehensive care to help athletes return to activities safely after a concussion, OCR developed the Regional Concussion Center. It is staffed by a wide range of specialized healthcare professionals.



OCR's concussion specialist



ALISSA WICKLUND, PhD, our concussion specialist, plays the central role in evaluating and treating athletes with concussions.

Dr. Wicklund is a board-certified neuropsychologist specializing in the assessment of cognitive and behavioral symptoms of a concussion. She also specializes in the use of the many computerized and clinical tools that assist in the diagnosis and treatment.

Dr. Wicklund treats athletes with acute and lingering symptoms following a concussion, as well as those who have suffered multiple concussions during their lifetime.

Her professional associations include:

- Sports Neuropsychology Society
- American Psychological Association
- International Neuropsychological Society
- American Academy of Clinical Neuropsychology

She earned her PhD at Northwestern University School of Medicine in Chicago. She also completed a specialized fellowship training program in neuropsychology at Northwestern. Dr. Wicklund holds board certification.

We are here to take care of athletes and serve as a resource for parents, coaches, and others who are involved.

CONCUSSION CARE FOR ATHLETES

OCR's Regional Concussion Center offers athletes a prompt, thorough diagnosis and treatment of sports-related head injuries.

Our Center features the following services:

- A comprehensive team of multi-specialty concussion and sports medicine professionals.
- The most advanced testing using scientifically validated clinical tools for concussion diagnosis and treatment, including the widely recognized ImPACT system (Immediate Post-Concussion Assessment and Cognitive Testing). ImPACT is used by 200+ pro sports teams, more than 1,000 colleges and universities, including Colorado State, and over 7,000 high schools.
- On-site physical and vestibular therapy for specific treatments.
- A thorough plan to help achieve the best recovery and the safest return to play.



SPORTS MEDICINE AND
CONCUSSION HOTLINE

970-419-7177

OUR CONCUSSION ASSESSMENT

- Comprehensive evaluation of the athlete's clinical symptoms
- Vestibular and ocular screening for symptoms such as dizziness and difficulty with balance
- Neurocognitive screening with ImPACT and other techniques, to identify patterns of performance in thinking abilities
- Thorough evaluation of mood and behavioral symptoms
- Targeted treatment recommendations
- Education on concussion injuries
- Communication with coaches, parents, school, and work to facilitate recovery

ImPACT provides athletes, parents, and OCR's team of professionals with valuable information about symptoms following a concussion.





CONCUSSION SYMPTOMS

Symptoms can be subtle and may include:

Physical

Loss of consciousness, headache, loss of balance, dizziness, fatigue, blurred vision, light sensitivity, nausea, and vomiting

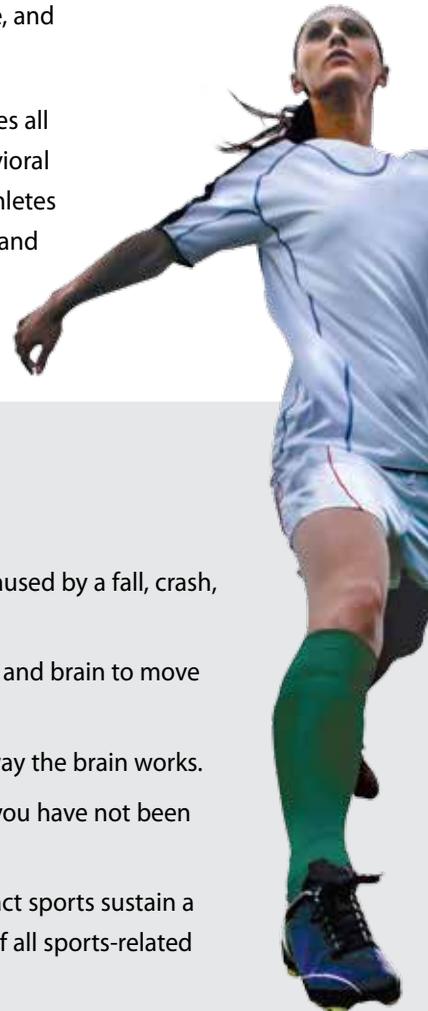
Cognitive

Confusion and difficulty with attention, concentration, and memory

Behavioral

Feelings of irritability, depression, anxiety, strong emotions, lethargy, fatigue, and sleep disruption

OCR's Concussion Center addresses all the physical, cognitive, and behavioral challenges of an injury to help athletes safely return to their sport, team, and academic activities.



CONCUSSION FACTS

- A concussion is a head injury caused by a fall, crash, bump, or jolt.
- The impact can cause the head and brain to move back and forth quickly.
- Concussions may change the way the brain works.
- Concussions can occur even if you have not been "knocked out."
- Ten percent of athletes in contact sports sustain a concussion. About two-thirds of all sports-related concussions occur in football.



sports medicine staff

OFFICE LOCATIONS
AND SPECIALTIES

ROCCI TRUMPER, MD

Fort Collins
*Knee Disorders,
Sports Medicine*

DALE MARTIN, MD

Fort Collins | Loveland
*Knee and Shoulder
Disorders, Sports Medicine*

SEAN GREY, MD

Fort Collins
*Shoulder Disorders,
Sports Medicine*

RYAN HARTMAN, MD

Fort Collins | Loveland
*Knee and Shoulder
Disorders, Sports Medicine,
Pediatric Orthopaedics*

STEPHEN YEMM, MD

Fort Collins
Primary Care Sports Medicine

THOMAS SACHTLEBEN, MD

Fort Collins | Loveland
Primary Care Sports Medicine

VINCENT "SKIP" ROSS, MD

Fort Collins
Primary Care Sports Medicine

THOMAS ANDERSON, DO

Fort Collins | Loveland
Primary Care Sports Medicine

ALISSA WICKLUND, PhD

Fort Collins | Loveland
*Concussion Diagnosis
and Treatment*



OCR contacts

WHY CHOOSE THE ORTHOPAEDIC & SPINE CENTER OF THE ROCKIES?

Simply put, we provide the most comprehensive and specialized orthopaedic and sports medicine care for the region.

Our practice was established in 1969 by four orthopaedic surgeons. Today, it is growing into an orthopaedic, spine, sports medicine, sports concussion, and podiatry clinic capable of treating any sports-related or orthopaedic injury a patient may have.

Our doctors have undergone additional, specialized training. Combined with their years of experience, this allows the physicians to focus the care they provide patients within a particular specialty of orthopaedics.

No matter your orthopaedic or sports-injury needs, OCR can offer you experienced, specialized care.

**SPORTS MEDICINE AND
CONCUSSION HOTLINE
970-419-7177**

General appointment line:
970-419-7050

General phone line:
970-493-0112

Sports Medicine e-mail:
OCRSports@orthohealth.com

Sports Medicine Twitter:
@OCRSports

OCR general e-mail:
info@orthohealth.com

MARK MCFERRAN, MD

Joint Replacement, Shoulder, Knee,
Trauma-Fractures

ROCCI TRUMPER, MD

Sports Medicine, Knee Disorders,
Knee Replacement

DALE MARTIN, MD

Sports Medicine, Knee Replacement,
Knee & Shoulder Disorders

KIRK KINDSFATER, MD

Hip and Knee Joint Replacement

MICHAEL HOUGHTON, MD

Athletic & Reconstructive Surgery of
Foot-Ankle, Ankle Replacement

SEAN GREY, MD

Shoulder Disorders, Sports
Medicine, Shoulder Replacement

MARK DURBIN, MD

Hand-Upper Extremity, General
Orthopaedics

ROBERT BENZ, MD

Spine Disorders, Spine Surgery

DAVID BEARD, MD

Sports Medicine, Knee and Shoulder
Disorders, Joint Replacement

SATORU CHAMBERLAIN, MD

Hand-Upper Extremity, General
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ROBERT BAER, MD

Trauma-Fractures, General
Orthopaedics

WILLIAM BIGGS, MD

Spine Disorders, Spine Surgery,
Pediatric Spine

WESLEY JACKSON, MD

Athletic & Reconstructive Surgery of
Foot-Ankle, Ankle Replacement

MICHAEL RUSNAK, MD

Trauma-Fractures, Knee Disorders,
General Orthopaedics

DANA CLARK, MD

Hip and Knee Joint Replacement

STEVEN SEILER, MD

Hand-Upper Extremity, General
Orthopaedics

RYAN HARTMAN, MD

Sports Medicine, Knee & Shoulder
Disorders, Pediatric Orthopaedics

BRET PETERSON, MD

Hand-Upper Extremity, General
Orthopaedics

THOMAS HECKER, DPM

Podiatry Medicine & Surgery,
Foot & Ankle Sports Medicine

NATHAN HUNT, DPM

Podiatry Medicine & Surgery,
Diabetic Foot & Wound Care

STEPHEN YEMM, MD

Sports Medicine, Non-Surgical
Orthopaedics

THOMAS SACHTLEBEN, MD

Sports Medicine, Non-Surgical
Orthopaedics

VINCENT "SKIP" ROSS, MD

Sports Medicine, Non-Surgical
Orthopaedics

THOMAS ANDERSON, DO

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Neuropsychology

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*Located two miles west of I-25
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on US 34 (Eisenhower Blvd)*

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