

**SANFORD**<sup>®</sup>  
ORTHOPEDICS  
SPORTS MEDICINE



**2019-2020**

Sanford Sports Medicine  
**STAFF DIRECTORY**



## Table of Contents

3	Introduction	23	Fargo Region Athletic Training
4	Great Teams, Great Partners	26	Fargo Physical Therapy
5	One Team Can Do It All	26	Fargo Region POWER
7	Trust The Experts	28	Bemidji Athletic Training
8	The Science Behind Sports Safety	29	Bemidji Resources
10	Our Home Turf	31	Bismarck Location
13	Ready Set Play Again	31	Bismarck Resources
15	Strong Community Connections	32	Bismarck Athletic Training
16	Sioux Falls Location	34	Bismarck Physical Therapy
16	Sioux Falls Resources	35	Bismarck POWER
17	Sioux Falls Athletic Training	37	Aberdeen Location
19	Sioux Falls Physical Therapy	37	Aberdeen Resources
20	Sioux Falls POWER	38	Aberdeen Athletic Training
22	Fargo Location	39	Aberdeen Physical Therapy
22	Fargo Resources	39	Aberdeen POWER

# Introduction

At Sanford Orthopedics & Sports Medicine, we are tremendously proud of the nationally recognized program we've built. The program includes the region's largest and most-experienced team, leading-edge research programs, state-of-the-art facilities and strong, trusted relationships with our community partners.

Our team is specially trained to provide exceptional care for athletes of all ages, at all skill levels, who are involved in a wide range of sports and activities. From elite athletes and college competitors, to weekend warriors and little league players, our specialists are all committed to making every athlete better, safer and healthier.

Our multi-disciplinary team helps our patients prevent or recover from an injury, learn how to safely push their own limitations and refine their performance for maximum results.

**Health Lives Here.  
Sanford Orthopedics & Sports Medicine.**



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# GREAT teams great partners

Sanford Health is the leading sports medicine provider for the NCAA Division I, Division II, Division III, NAIA, and Junior College teams across our footprint as well as semi-professional and high school teams. We have long recognized the value of reaching beyond our facilities to support our communities. Collaborating with health-related organizations and causes has enabled us to have a deeper, broader influence on health and wellness.

Sanford Health takes great pride in partnering with the most elite athletes in our region as the exclusive sports medicine team for our partners.





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## From start to finish

At Sanford Orthopedics & Sports Medicine, we care about the whole athlete and want to help in every aspect of the athletic life cycle.

### We offer a continuum of care that involves:

- **INJURY PREVENTION:** Our specialists focus on educating athletes how to perform and train appropriately for their sport. This includes teaching biomechanics, proper duration and intensity levels, and good nutrition habits.
- **TREATMENT:** We have expert physicians and surgeons to treat our athletes with the latest in surgical and non-surgical techniques when injuries do occur.
- **RETURN TO PERFORMANCE:** Our dedicated teams work with athletes to help them return to their previous level of play or better.
- **INNOVATION:** Our knowledgeable sports scientists are conducting cutting edge research to improve athletic health and performance through scientific discovery and accessible athlete services and education.

## One team can do it all

Regardless of the injury or ailment, our physicians offer the expertise needed to achieve the best possible outcomes. Sanford Orthopedics & Sports Medicine has a depth of services and specialties to treat sprains, strains, tears, breaks, joint pain and concussions. Our team is comprised of expert physicians with years of experience in diagnosis, surgery and nonsurgical treatments.

We provide primary care for sports medicine, orthopedic surgery and podiatry. Our program also represents a broad array of sub-specialty areas that include hip and knee, foot and ankle, sports medicine, shoulder and elbow, hand, spine, trauma and pediatrics.



# TRUST THE EXPERTS LEADING THE NATION'S CONVERSATION ON CONCUSSION SAFETY

Program offers individualized care with a comprehensive approach

Keep your patients safe all season long with the current clinical diagnosis and care tools and education resources offered by our concussion specialists.

Our program:

- Is involved with national-level concussion research and developing return-to-play guidelines
- Is a certified ImPACT™ consultant site
- Offers baseline as well as post-injury testing
- Is backed by research conducted at Sanford Health

**To refer a patient, call:**

**Bemidji (218) 751-9746**

**Bismarck (701) 323-8920**

**Fargo (701) 417-6171**

**Sioux Falls (605) 328-2663**

**Aberdeen (605) 226-5500**



Healthy Youth Sports app now available.

We care about sports. And more importantly, we care about kids who play sports. This free app, provided by the National Youth Sports Health & Safety Institute, is a one-stop shop for coaches, parents and athletes across the nation to access the latest resources in youth sports, health and safety.

Exchange ideas and groundbreaking best practices. Enjoy informative interviews from our youth sports safety experts. Engage in real-time conversations with others who share your passion and commitment.

Our goal is to give every child the best, healthiest and safest sports experience ever.



The Healthy Youth Sports app is available through the App Store (iPhone) and Google Play (Android).



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# The science behind sports safety

The **Sanford Sports Science Institute (SSSI)** is a trusted resource and recognized leader in sports medicine research, athletic assessments, providing the most current educational information and developing guidelines and policy for safe and appropriate exercise, training and sports participation – especially for youth athletes.

The SSSI drives innovative sports medicine research at Sanford Health in the Sioux Falls and Fargo Sports Science and Biomechanics Laboratories, at the Environmental Physiology Laboratory in Sioux Falls, and by conducting field-based research at various athletic venues. The SSSI is housed in the Sanford Fieldhouse and the Sanford Pentagon in Sioux Falls, SD and the Sanford South University Campus in Fargo, ND. Research focused on concussion, sports nutrition, exercise physiology, injury prevention, sports biomechanics, and rehabilitation enhances all aspects of the continuum of care at Sanford. The SSSI's integrated clinical partners (Sanford Orthopedics and Sports Medicine Physicians, Sanford POWER, Sanford Sports Physical Therapy and Sanford Athletic Training) at Sanford ensure the research endeavors at the SSSI reach the Athletes and Patients that come to Sanford Health.

The SSSI also provides professional services for all athletes and active individuals. Services include detailed physiological and sweat evaluations in a controlled environmental chamber, comprehensive gait analysis, fitness testing, sport nutrition consults, resting energy expenditure, body composition evaluation and assessments on the athletic field. Additionally, the experts at the SSSI conduct presentations and seminars for teams and organizations and participate in policy and guideline development for safe participation in sports.

The **National Youth Sports Health & Safety Institute (NYSHSI)** is a partnership between Sanford Health and the American College of Sports Medicine. The NYSHSI is a recognized leader and advocate for advancing and disseminating the latest research and evidence-based education, recommendations and policy to enhance the experience, development, health and safety of our youth in sports. NYSHSI encourages all youth sports organizations to adopt and implement elements from its Seal of Best Practices to provide a safer and more enjoyable sport environment.

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Sr. Sports Performance Specialist



## Our home turf

Sanford Health is committed to the health of everyone in our region, young and old, rural and urban. This includes giving them the opportunities and the resources to stay healthy. At the Sanford Sports Complex, we apply the science of health care to the arena of sports.

We consider the facility a game-changing destination for athletes interested in a wide-range of activities including: basketball, football, hockey, tennis, volleyball, soccer, golf and wrestling. If it involves kicking, running, jumping, hitting, shooting and scoring, you'll be able to do it at the Sanford Sports Complex.

The 500-acre complex is home to the Sanford Pentagon, Sanford Fieldhouse, Scheels IcePlex, Huether Match Pointe tennis facility, Power and Grace Gymnastics, GreatShots and even retail shopping, restaurants and hotels.





**START.PERFORM.FINISH.**  
**POWER**  
SANFORD  
HEALTH



Start  
The Game  
Your training  
Perform  
Your workout  
Your shots  
Your best effort  
Finish



## Be A Better Athlete

Sanford POWER is the regional leader in offering individualized programming for athlete development, sport performance training and injury prevention. Our holistic training programs incorporate the latest in technology and scientific research combined with expert coaching to improve mobility, strength, speed, agility, and explosive power. From recreational to professional clients the POWER Program is designed specifically with the athlete in mind.

The POWER Sports Performance Program teaches techniques based on scientific principles supported by the National Strength and Conditioning Association (NSCA), the American College of Sports Medicine (ACSM) and USA Weightlifting. We also provide education on nutrition, hydration, sleep and recovery strategies which are key components to improved athletic performance.

Sanford Health has an integrated team of medical, sports performance and nutrition experts who provide POWER services. We are backed by the largest orthopedic and sports medicine group in the region. Our sports medicine professionals are the regions trusted resource to evaluate and treat injuries when they occur, and we work together with our POWER team experts to return clients back to top performance levels quickly and safely.

POWER works closely with the Sanford Sports Science Institute on research initiatives, which address training, competition and rehabilitation for athletes of all ages and abilities. Most notably, these efforts have led to the development of the Sanford SCORE athletic assessment program. The Sanford SCORE Assessment provides a composite rating of athleticism and is used at Sanford POWER to assess athletes, track their improvements and guide individualized training programs.

## Ready, set, play again.

The Sanford Health sports physical therapists are committed to getting patients back to an active lifestyle following a sports-related injury, trauma, surgery or overuse. Our team of experienced physical therapists is passionate about working with athletes from the initial injury to the integration of a sport-specific exercise program.

Our state-of-the-art facilities allow patients to perform the appropriate activities or techniques to help us determine if they are ready to return to performance or if further supervision and training is required.

Our highly trained physical therapists coordinate care with the POWER Center's exercise physiology staff through the Return to Performance Program. This program is the connection between an athlete's completion of physical therapy and fully returning to play. It is an individualized injury-specific program that is administered by our Return to Performance team in collaboration with the physical therapist.



## Strong community connections

The certified athletic trainers at Sanford Orthopedics & Sports Medicine are extending the reach and impact of the expertise they provide. They work with individuals, athletes and teams across the footprint to help them prevent and treat injuries aiming to keep athletes performing at their best.

Our athletic trainers are well-known for their work with athletes and coaches at area schools and colleges, as well as with professional teams and providing coverage at regional events. We also provide educational services with injury-prevention techniques and a return-to-performance program for athletes to optimize their return to sport while mitigating risk of re-injury.



## Regional Resources

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SIOUX FALLS SKYFORCE

SOUTH DAKOTA STATE UNIVERSITY

UNIVERSITY OF SOUTH DAKOTA

NORTHERN STATE UNIVERSITY

MINNESOTA WEST COMMUNITY &  
TECHNICAL COLLEGE

REGIONAL HIGH SCHOOLS

DAKOTA STATE UNIVERSITY





# Sioux Falls Region

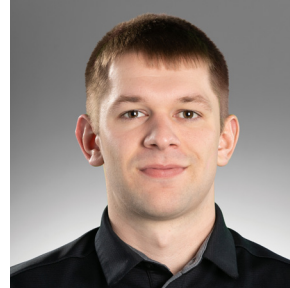
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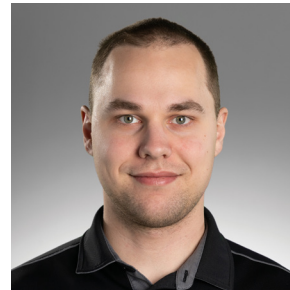
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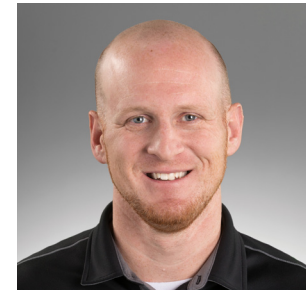
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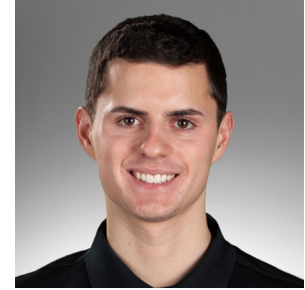
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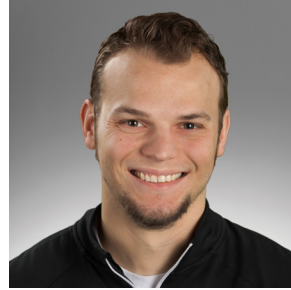
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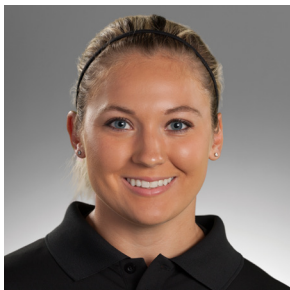
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**VALLEY CITY STATE**  
**FARGO MOORHEAD REDHAWKS**  
**FARGO FORCE**  
**AMERICAN GOLD GYMNASTICS**  
**MAYVILLE STATE**  
**REGIONAL HIGH SCHOOLS**



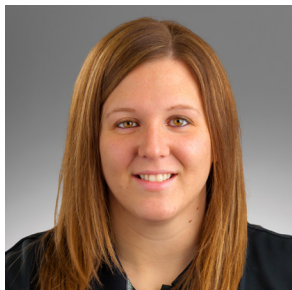
# Fargo Region

Athletic trainers



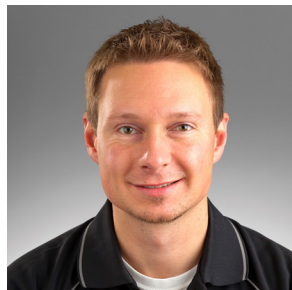
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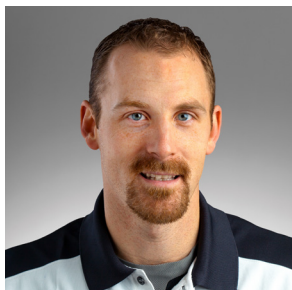
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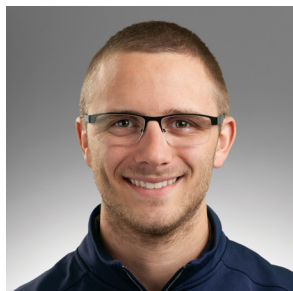


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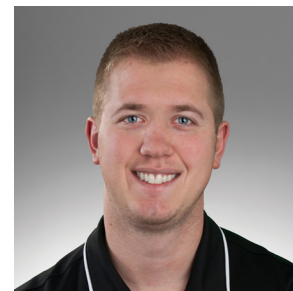
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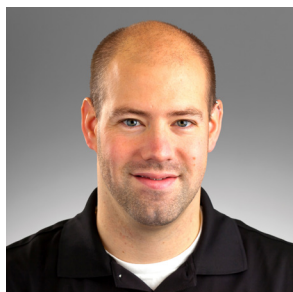
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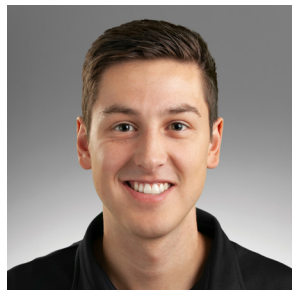
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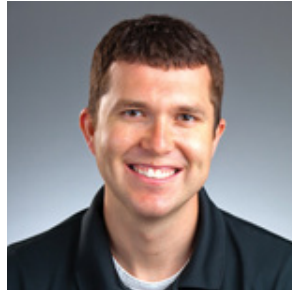
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# Sports Physical Therapy



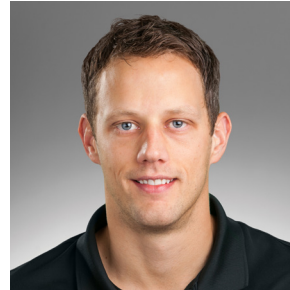
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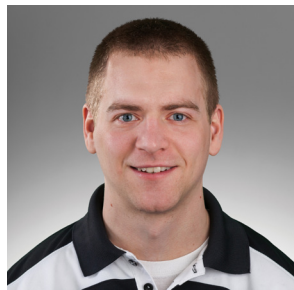
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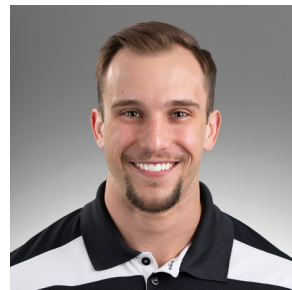
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SCHOOL DISTRICT**



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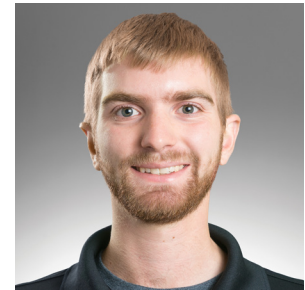
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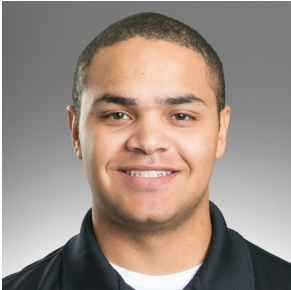
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