



## SPORTS MEDICINE

### Athletic training at Hill-Murray

The TRIA sports medicine team is proud to partner with Hill-Murray to provide athletic training services for all student-athletes.

### Meet your sports medicine team



**Michele Heinecke, LAT, ATC**

#### Contact information

**Email:** [michele.heinecke@tria.com](mailto:michele.heinecke@tria.com)

**Office phone:** (651) 748-2222

**Cell phone:** (612) 655-4781

**Athletic training room location:** in the hallway behind the weight room

**Athletic training room hours:**  
2:30pm-5:00pm on school days

Education: (highest level listed first)

**University of Wisconsin-Eau Claire**

Bachelor of Science in Athletic Training

Professional interests

Areas of special interest or prior research: Concussion

Favorite thing about being an athletic trainer: Building relationships with athletes and coaches and the variety that each day brings.

Medical philosophy: My goal is to return my athletes to their sports as quickly and safely as possible.

Other roles within TRIA: Concussion clinic

### Personal interests

In my free time I enjoy spending time with family, working with kids, going to country concerts, playing board games, cooking and baking, doing jigsaw puzzles, crafting, and spending weekends up north in the summer.

### Team Physician



[Chad Griffith, MD](#)

### **What is athletic training?**

Athletic trainers are multiskilled health care professionals who specialize in evaluating, diagnosing and caring for injuries, illnesses and other medical conditions that affect athletes. They're highly educated in emergency care for a range of conditions, including heat illness, traumatic brain injuries (TBIs), spinal cord injuries and cardiac arrest.

[Learn more about TRIA's athletic training services](#)

### **Athletic training services at Hill-Murray**

The TRIA Athletic Trainer (AT) is responsible for on-site medical care for student-athletes. They'll be at the school during most after-school sports practices and on-site during home games (when contracted by the school). Having the support of an Athletic Trainer (AT) at school activities promotes safety and reduces the risk of sports injuries.

The Athletic Trainer (AT) duties include:

- Emergency preparedness and care
- Evaluating and diagnosing
- Managing injuries and medical conditions
- Determining return-to-play status or restrictions

We're here to help with orthopedic injuries, concussions and medical emergencies that happen during practices or games. To provide the best-possible care, the Athletic Trainer (AT) will work with your child's full medical team.

If your child needs additional care, the Athletic Trainer (AT) will refer you to the appropriate provider. Depending on the athlete's needs, we may refer you to [TRIA](#) for orthopedics, sports medicine, physical therapy or other specialty care.

### **Athlete responsibilities**

In order to provide the best-possible care, the student-athlete must:

- Have a pre-participation physical exam
- Complete and return all required medical forms
- Report all injuries and illnesses to Athletic Trainer in a timely manner
- Follow treatment recommendations and referral guideline

**If a student-athlete sees a doctor or is treated by an outside medical provider for an injury or illness, they must give the school's Athletic Trainer (AT) a written doctor's note before they can return to practice or games. This follows the [Minnesota State High School League \(MSHSL\) rules \(PDF\)](#), protects the student and supports continuity of care.**

### **Pre-participation physical exams**

Student-athletes must have a pre-participation physical exam (PPE) before starting the sport season. During an exam, your medical provider will check for conditions that could increase the student's risk of a sports injury.

Per the [MSHSL](#), the PPE form must be completed and returned to the school prior to physical activity. This form is valid for three years.

[Download the MSHSL PPE form \(PDF\)](#)

[TRIA](#) offers no-cost high school pre-participation physicals every summer before the start of the fall sports season. Call 952-993-9451 or email [sportsmedicine@tria.com](mailto:sportsmedicine@tria.com) for more information.

### **Additional resources**

- [HealthPartners PowerUp: Sports Nutrition](#)
- [Minnesota State High School League](#)
- [TRIA Blog](#)
- [TRIA GameFace Sports Performance](#)

- [TRIA Orthopedic Urgent Care](#)
- [TRIA Performing Arts Medicine](#)
- [TRIA Physical Therapy](#)
- [TRIA Sport Concussion Program](#)
- [TRIA Sports Medicine](#)