

Position	Name	Contact Info	Notes
Exercise Physiologist	Jason Thomas Jason.thomas@beaumont.edu Email 7-10	1555 East South Blvd Rochester Hills, MI (248) 267-5622	<ul style="list-style-type: none"> • I do take on new clients when there is room in my schedule. • Currently, I only work with 6 athletes. • I start by assessing posture, muscle strength/weakness, and muscle length issues (ROM). • The most severe injury that I have seen in an athlete that I have worked with is probably a broken neck and skull fractures.
Biomechanist Technique evaluation	Dr. Goslin, Oakland University goslin@oakland.edu	368 Hannah Hall Rochester, MI (248) 370-4140	<ul style="list-style-type: none"> • Most of all, they will understand the concepts of physics as they apply to human movement which, when applied to a particular sport, enable them to adjust their movement characteristics and become more effective. • He doesn't deal with athletes very much anymore • Depends on the athlete some can change in a day or two and some take many many months
Sport Nutritionist	Melanie Jacob melanie@nutritional-therapy.com Email 7-10 Voicemail 7-18	700 E. Big Beaver Rd, Suite B Troy, MI (248) 388-2920 (248) 244-2213	<ul style="list-style-type: none"> • A common problem is irregular menstrual cycle, but that is hard for a male coach to find out about • Signs and symptoms: crabby, cold, constipated mean problems • Start the reason by getting a resting pulse, any athlete with below 60 should be someone to watch as the season goes on and a questionnaire about diets and eating happens • Early and aggressive intervention is the best way to prevent serious problems • A girl on my team should eat about 3000 Calories a day • Parents can be the biggest problem by trying to make them eat healthy, no carbs, whole grain • Watch cross country runners, they are at the most risk due to a complete different style of sport • Nutritionist is not covered by insurance • Make sure to have students eat breakfast and lunch, lots of water, and bring a snack for before practice or games

<p>Strength and Conditioning Specialist</p>	<p>Mike Divito Mdram777@aol.com</p>	<p>28925 Grant, St. Clair Shores, MI (586) 206-0544</p>	<ul style="list-style-type: none"> • I must teach each athlete the proper form in each lift. Most have some idea, but they don't know the details in the different lift. • My program is set up in four phases each one is a little more advanced than the last. By adding new lifts and testing them every three months they are able to see the strength gains that each athlete is making. • Our Training is four days a week, two days we work on explosives lifts, this is power cleans, snatch, and push press. The other two days we work on strength movements such as squat, bench press triceps movements. This way they get proper recovery time before each workout. • I have found for any athlete to make strength gains, if they are working hard and do not miss any training, you can see result in four month or so. • They have to be cleared by a doctor or the trainer. When I get them we will start out very basic, core movement, light weight, sometime with just their body weight. Once they are comfortable and feel safe we will slowly increase the lifts and the weight. Always making sure they are at no risk of re-injuring their self.
<p>Optometrist <u>Ophthalmologist</u></p>	<p>Dr. Darren Smarch mco_2003@hotmail.com Email 7-17</p>	<p>20 W Washington St Suite 7, Clarkston, MI (313) 729-7483</p>	<ul style="list-style-type: none"> • While most patients are at the junior or high school levels, it seems more younger people are involved in some sort of sport these days. Also, the aging population is engaged in golf, tennis and shooting sports. • The majority of athletes need help with maximizing their visual acuity... getting better than 20/20. They require ocular motility to track fast moving objects. • Trauma to the orbit or eye. Since its baseball season for example, Miguel Cabrera for the Tigers took a ball to the eye/orbital bone this season and was fortunate to not sustain major injury. • Most general testing can be done at our office. I am not licensed to perform surgery however. • Any corneal abrasion can resolve with treatment in 10 days. More sustained trauma or breaking of orbital bones may require 30-60 days of therapy.

Physical Therapist	Jason Shallow jason.shallow@beaumont.edu Email 7-10	1555 East South Blvd Rochester Hills, MI (248) 267-5650	<ul style="list-style-type: none"> • Physical therapists are trained to help patients recover following an injury. As part of physical therapy, they can teach exercises, stretches, and techniques using specialized equipment to address problems. • A PT's goal is to guide the athlete with the right exercise/stretching to get him/her back on the field safely • In an outpatient physical therapy setting we mostly see patients with spine issues. However, we get our fair share of athletes also. We do see more athletes during the football and soccer season. • I would say it would be an anterior cruciate ligament tear for the younger athlete and Achilles rupture for older athlete. • As a physical therapist it is not in our scope of practice to diagnosis. We will refer the patient to the physician for that. • After their PT evaluation and the therapist thinks it might be a different diagnosis the PT will call and discuss with their doctor.
Athletic Trainer	Bryan Baines BBaines2@troy.k12.mi.us Email 7-10	4333 John R Rd Troy, MI (248) 823-2981	<ul style="list-style-type: none"> • He evaluates to determine if the injury is a medical or orthopedic • Medical has to be sent out and orthopedic can be dealt with in the training room. Ice, elevate, and compression then re-evaluate • Most severe injury was a displaced fracture that was unstable, person lost neurological function. Had to send to hospital immediately. • Majority of grade 1 and 2 strains and sprains take 14 to 21 days to recover • He organizes physicals at the high school twice a year, where he has Beaumont physicians come to the school for 5 hours for strictly physicals.
Massage Therapist	Touch of Elements Lauren, Office Manager Phone Conversation	6846 Rochester Road Troy, MI (248) 828-0088	<ul style="list-style-type: none"> • 10 therapists on staff, level 3 or 4 • Deep tissue and trigger points • Sports injuries work on specific areas • Soccer player once or twice a month • New clients are welcome, health concerns and problem areas • Mostly are members, 400 members, \$59 massage automatic withdrawal • Cancer patients, pregnancy • Muscle damage

Chiropractor	Dr. Renee Noomie dr.noomie@comcast.net Email 7-10	1977 E. Wattles Troy, Michigan (248) 524-9100	<ul style="list-style-type: none"> • I treat injuries of the spine and other joints. ie: (low back pain, knee pain, shoulder injuries) • Every day, today I had a 15 year old that injured herself in cheer class doing a handstand. • I would say herniated discs are one injury that I treat that is severe. • Of course, new patients are always welcome and seen immediately! • Injuries are usually fixed after the examination.
Dentist	Dr. George Henry Call Back on 7-12	43664 Schoenherr Rd, Sterling Heights, MI (586) 247-9700	<ul style="list-style-type: none"> • Most sports injuries involve the front of the mouth, only severe jaw hit causes problems to the back teeth • He deals with half a dozen athletic injuries a year • A person had a tooth knocked out and a tooth pushed in, he had to replace one tooth and splint the knocked in tooth • He sends implant placement to an oral surgeon, periodontist will do the gum graphs. Most things are in the office, but he does give referrals • Tooth chipped and nerve not exposed, bond the tooth • Tooth is broken diagonally in half, can't looked perfect, tooth could be crowned • Nerve may die and require a root canal
Orthopedic Medical Doctor	Troy Orthopedic Associates Marsha, Office Manager Phone Conversation 7-30 troyortho@troyortho.com	1350 Kirts Blvd. Suite 160 Troy, MI (248) 244-8431	<ul style="list-style-type: none"> • 2 sports medicine physicians, deal with knees and shoulders • 8 total surgeons in the office • New surgeon that focuses on foot and ankles, wants to work with high school athletes with ankle sprains • X-Rays are done at their office, surgery and MRI is done at Troy Beaumont • Time Frame to start therapy and recovery depends on injury and age of patient. Some patients start therapy the next day so they don't lose any athleticism. Some wait a week to start therapy. • They have their own physical therapy so doctors can check in on patients, but they want patients to go to therapy even if it isn't at their office

General Practitioner Medical Doctor	Dr. Stacey Kastl Patient Portal 7-17	2940 Crooks Rd, Rochester Hills, MI (248) 997-9700	<ul style="list-style-type: none">• Medical care for athletes and patients• Athletes of all ages daily• Fracture would be one of the most severe• X-rays, EKGs, and Blood Draws at the office• Diagnosis can be made in one day
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