

Caring for your family — on and off the field

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For the Journal

These are exciting times for local student athletes. Portneuf Sports Medicine Institute and the physicians of Pocatello Orthopaedics & Sports Medicine have put together a very comprehensive program for athletics that include the full spectrum of injury prevention, care and rehabilitation.

While Dr. Tony Joseph and I have been on the sidelines for nearly two decades, we now have a formalized commitment with School District 25 to care for all high school athletics. We are also involved with Southeast Idaho Youth Football League, Gate City Youth Soccer and the Idaho High School Rodeo Association. The continuity of care and the across-the-board coverage is unmatched in the area.

The hallmark of the Sports Medicine Institute and the team of medical professionals is their unwavering commitment to provide the highest level of support and care for all student athletes. It has been a labor of love to put all the necessary resources and expertise under one umbrella. Thanks to the support and financial backing of Portneuf Medical Center, we will care for your family and your student athlete both on and off the field.

On-site physical therapists and athletic trainers, under the direction of Brent Faure, ATC, are skilled in injury assessment and management, care of sports-related and general medical needs of athletes as well as education



and physical therapists, we offer care and consults to all student athletes.

The primary goal of the Portneuf Sports Medicine Institute is to treat athletes in a way that allows for early, safe and efficient return to play. Though the specialty of sports medicine includes the prevention and treatment of injuries to athletes and physically active people, sports medicine physicians are ideal for the nonathlete as well. We are primarily concerned with the investigation, preservation and restoration by medical, surgical and rehabilitative means to all structures of the musculoskeletal system affected by athletic activity. The same principles used to return an athlete to the field are also used to return workers back to work, restore function to nonathletes and allow for efficient return to the activities of daily living.

From wellness to nutritional counseling to state-of-the-art surgery and sports rehabilitation, Portneuf Sports Medicine and Pocatello Orthopaedics & Sports Medicine are renowned for their ability to

highest level of support and care for all student athletes. It has been a labor of love to put all the necessary resources and expertise under one umbrella. Thanks to the support and financial backing of Portneuf Medical Center, we will care for your family and your student athlete both on and off the field.

On-site physical therapists and athletic trainers, under the direction of Brent Faure, ATC, are skilled in injury assessment and management, care of sports-related and general medical needs of athletes, as well as education and counseling on illness and injury prevention. The Portneuf Sports Medicine trailer, formerly Tri-Med, will be on site at events to provide immediate access to diagnostic tools, trainers and supplies.

Injury prevention, conditioning and optimizing athletic performance, of course, is only one facet of the program, but all injuries cannot be prevented. In the event of a head injury, we adhere to all concussive protocols with extensive concussive IMPACT testing. With all other injuries, we have the ability to consult and coordinate care of all student athletes with physicians in a full spectrum of specialty areas.

For nonemergent sports injuries that occur during the week, Pocatello Orthopaedics & Sports Medicine are proud to once again sponsor the Bumps and Bruises clinic. The free clinic held Saturday mornings at 10 a.m. begins the weekend after Labor Day and continues until Thanksgiving. Staffed with physi-

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From wellness to nutritional counseling to state-of-the-art surgery and sports rehabilitation, Portneuf Sports Medicine and Pocatello Orthopaedics & Sports Medicine are renowned for their ability to keep high school athletes, weekend warriors and sports professionals at their very peak of performance.

Whatever your passion, sport or activity, we are here to prepare you for and keep you in the game. On or off the field, you can count on us to care for your family. For more information about orthopaedic injuries and prevention, visit www.wathneortho.com; to schedule a consult or to reach our office, call 233-2100.

To find a physician, call Portneuf Medical Center's Physician Referral Line at 1-877-721-6673.

Dr. Richard Wathne is a board certified orthopaedic surgeon who is fellowship trained in sports medicine. He specializes in state-of-the-art arthroscopic surgery of the shoulder and knee and is an active member of the Arthroscopy Association of North America. He has been providing expert orthopaedic care for the people of Southeast Idaho for nearly two decades.