



Columbus Community Hospital
Sports Medicine Program
4600 38th Street
Columbus, NE 68601

January, 2014

Dear Parent,

Columbus Community Hospital is proud to announce a new program that will help keep athletes of all ages healthy and well. Our new ***Sports Medicine*** program is designed to provide comprehensive care that not only helps prevent injuries, but also makes it possible to evaluate, diagnose and treat injuries when they happen.

Our Sports Medicine Team consists of orthopedic surgeons, athletic trainers, and physical therapists, bringing together depth of knowledge and expertise. These experts collaborate not only to keep athletes injury free but also to ensure that, should there be an injury, the patient receives a comprehensive plan of care to achieve the best possible outcomes.

Specialists include:

- **Orthopedics and Orthopedic Surgery**

Dr. Dustin Volkmer, is an Orthopedic Surgeon with a specialty in sports medicine from the Kerlan-Jobe Orthopaedic Clinic*. Kerlan-Jobe is considered to be the expert in comprehensive sports medicine and rehabilitation.

Dr. Edward Fehringer, is an Orthopedic Surgeon specializing in shoulder and elbow injuries, dislocations, fractures and tendon tears.

Dr. Richard Cimpl, Orthopedic Surgeon provides contemporary sports medicine care including arthroscopic rotator cuff repair, ACL reconstruction and upper and lower extremity care.

Dr. Michael McGuire, is an Orthopedic Surgeon with a specialty in trauma and tumors of the muscular skeletal system.

- **Athletic Trainers On-Staff**

The Hospital's athletic training services are provided to the three Columbus high schools as well as outreach services for athletic departments at Central Community College and several high schools in the surrounding area.

From game coverage to injury assessment and management, our experienced professional staff of full time Certified Athletic Trainers (ATC) and Physical Therapists are able to meet the needs of area athletes and their families. Our athletic trainers work closely with the physicians, coordinating the care athletes receive and assisting with quick access to appointments.

Our athletic trainers are also licensed to provide the ImPACT™ Concussion Management Program. ImPACT is an evaluation tool that helps to objectively assess the athlete's post-injury condition and track recovery for safe return to play.

- **Physical Therapists**

Post-injury rehabilitation is as important as initial treatment. Our physical therapists are highly skilled in evaluation of active and chronic injuries associated with sports injuries. Physical therapy helps people rebuild strength and movement in parts of their body after an injury. Our physical therapists can teach exercises, stretches, and techniques using specialized equipment to address problems that can someone manage pain and prevent permanent damage and recurring problems.

- **Athletic Republic**

Athletic Republic offers athletes of all ages a strength training and endurance program that can increase speed, strength and power, while helping decrease the possibility of injury. The specialized training programs at Athletic Republic are individualized for each athlete and designed to meet the specific demands of an array of sports.

As Medical Director for the Columbus Community Hospital Sports Medicine Program, Dr. Volkmer is available to answer any questions you might have about the Hospital's new program, sports injury, or injury prevention. To contact Dr. Volkmer, call the Columbus Orthopedic and Sports Medicine office at 402-562-4700.

To learn more about the Hospital's Sports Medicine Program, Athletic Republic or any of our other programs or services, visit our website at www.columbushosp.org

Sincerely,



Michael Hansen, FACHE
President/C.E.O.