



Matt Stoneberg MS, ATC, PES
Athletic Training Room phone: 763-504-8841
mstoneb1@fairview.org

Athletic Training Services provided

The Institute for Athletic Medicine (IAM) is proud to provide the contracted athletic training services to Armstrong High School. IAM is a service of Fairview and North Memorial. A certified athletic trainer is a health care professional who specializes in the prevention, diagnosis, treatment and rehabilitation of injuries and illnesses. IAM provides orthopedic and sports physical therapy services at 30 Twin Cities locations as well as chiropractic care at 3 locations. IAM has resources available to you such as:

- Free injury screening and evaluations for recreational and competitive athletes
- Specialized programs for runners, throwers, golfers, back injuries, athletes needing advanced rehabilitation prior to returning to sport and a special program designed “For Women Only”
- Free - 24 hour athletic medicine hotline for questions about sports related injuries – 952-920-8850
- Referrals to sports medicine physicians and physical therapists
- Referrals for concussion testing

Physical therapy services

Physical therapy and rehabilitation is often a necessary step in returning the athlete to play quickly and safely. I am skilled in rehabilitation but do not always have the amount of time or proper equipment needed to accomplish what is necessary, and I may recommend that your child has a few visits with a physical therapist when warranted. I will work with the therapist at IAM to determine a progression and coordinate care from clinic to school. IAM accepts most insurance plans and many plans will pay for direct access to the clinics. Please check with your insurance company for specific coverage benefits. I can assist you with appointments to one of the clinics or contact our central scheduling line at 612-672-7100 and tell them you are scheduling for an athlete from Armstrong. If you do not get in within a couple days of the call – contact me for assistance.

IAM clinics closest to Armstrong:

Clinic 1
Golden Valley
8301 Golden Valley Rd.

Clinic 2
Plymouth
15655 37th Ave N

Clinic 3
Maple Grove
12000 Elm Creek Blvd

Coverage and hours

Although I do not attend all events, all of the athletes are welcome to seek out my care. For the Winter season I am contracted to cover these games:

Varsity/JV/Soph. Boys and Girls Basketball, Varsity/JV Wrestling, and Varsity/JV Boys Hockey

My daily athletic training room hours are from 2:15pm – 5:00pm.

In the event of an injury, every effort is made to contact a parent or guardian. Should you have questions for me you may reach me during my daily hours at **763-504-8841** or you may contact me via email at **mstoneb1@fairview.org**. All efforts will be made to respond within one school day.

For after hours concerns please contact the athletic medicine hotline at (952) 920-8850 to speak to a certified athletic trainer.

The athletic training room

The Athletic Training Room (ATR) at Armstrong High School is located on the East side of the main gym.

Physician visits

** At some point during the sports season it may be necessary for your child to see a physician. I can work with you to obtain an appointment with a sports medicine physician. It is important to keep open lines of communication with all members of the sports medicine team and I will communicate with the physician your child sees to ensure a safe return to play.

If your son/daughter is seen or treated by a physician for an injury or serious illness, they must bring a written note from the physician before they can return to practice or play in a game. This is a Minnesota State High School League Rule (Bylaw 107.00). This is for the student's protection as well as to keep everyone informed as to the student's readiness. If you forget to get a note, you can have one faxed to me at the school's athletic office: 763-504-8768.

I look forward to a fun and safe season working with you and your student athletes. If you have any questions or concerns, please don't hesitate to contact me.

Sincerely,

Matt Stoneberg MS, ATC, PES
Institute for Athletic Medicine
Armstrong High School