



# Athlete Wellness Program

Supporting school athletes in Park County

## About our Orthopedic Team

The Orthopedics Department at Livingston Healthcare provides cutting edge comprehensive care of multiple musculoskeletal conditions, including acute fracture care, sports medicine, arthritis care, arthroscopic surgery, and joint replacement. From diagnosis to local rehabilitation, Livingston Healthcare Orthopedics is committed to the highest quality of care with round-the-clock service to our patients.

## About Our Rehab Team

Our rehabilitation team are licensed physical therapists and certified athletic trainers trained to provide care for orthopedic and sports-related injuries. They will evaluate the physical cause of the athlete's symptoms and customize a treatment program to get them back to peak sports performance.

### Livingston HealthCare includes:

- **A** Livingston Memorial Hospital
- **A** Home Oxygen
- **B** Orthopedic and Rehabilitation Institute
- **C** Park Clinic (River Drive)
- **D** Park Clinic (West Crawford)
- **E** Home Care & Hospice Care
- Sleep Center, 1429 W. Montana

Since 1955, Livingston HealthCare has provided premier-quality healthcare to the residents of Park County and surrounding communities. We keep our community healthy with a broad scope of services provided by well-trained and highly-skilled professionals. At Livingston HealthCare, we believe that **the way we care** is as important as the healthcare services we provide. That's why we like to say that we're more than just healthcare. We're really **the heart of community care.**



LivingstonHealthCare

504 South 13th Street • Livingston, Montana 59047

Phone: (406) 222-3541 • Fax: (406) 222-5099

[www.livingstonhealthcare.org](http://www.livingstonhealthcare.org)



# What is the Athlete Wellness Program?

The Athlete Wellness Program is our commitment to Park County athletes and school sports. Each year, we provide more than 500 Good to Go Checkups to prepare students for the new school and sports year. The Athlete Wellness Program also includes free visits to a physical therapist and/or orthopedic specialist to take action on injuries received during a school sports practice/game. Just mention that you are a student athlete and we'll get you in as soon as possible—so you can get back to your sport and your team.

## In case of injury during a practice or game...

- Immediately notify coach of injury.
- Seek assessment from athletic trainer, if available.
- Contact Orthopedic & Rehabilitation Institute. Mention you are a school athlete injured during practice/game.
- Depending on injury, contact our orthopedic staff and mention you are a school athlete injured during practice/game.

*The Athlete Wellness Program is designed to improve each athlete's ability to train and compete.*



## services Athlete Wellness Program Services

- Comprehensive Good to Go Checkups provided at a reduced cost
- Two free physical therapy visits for injury received during school sports practice/game (includes evaluation and treatment)
- Free orthopedic examination for injury received during school sports practice/game

### Patient Criteria

All Park County student athletes participating in a school sport are eligible for this program.

### Patient Billing

For student athletes injured during a school sports practice/game, two physical therapy visits and an orthopedic examination are free. (Note: Other services that may be needed during the exam, such as x-rays, MRI, lab work, etc. are not included for free.) All of these services are covered by most health insurance plans. At your request, our business office would be happy to verify insurance coverage for additional rehabilitation services for you.

## contact us

### For More Information

Orthopedic & Rehabilitation Institute:  
**406-222-7231**  
Livingston HealthCare orthopedics:  
**406-222-9970**