



**Institute for Athletic Medicine**

*Locations:* Apple Valley, Blaine, Bloomington, Brooklyn Park, Burnsville (2 locations), Champlin, Eagan, Eden Prairie, Edina, Elk River, Hugo, Lakeville, Lino Lakes, Maple Grove (2 locations), Maplewood, Minneapolis (4 locations), Minnetonka, Plymouth (2 locations), Robbinsdale, Rogers, Roseville, St. Anthony, St. Paul, Woodbury

*Web site:* [www.athleticmedicine.org](http://www.athleticmedicine.org)

*Affiliated hospitals:* Fairview Hospitals, North Memorial Medical Center

<b>Service Capabilities</b>	
Offers weekend/evening appointments	Yes (10 sites)
Offers free, on-site parking	Yes (26 sites)
Uses electronic medical records (EMR)	Yes (all sites)
EMR is certified by the Certification Commission for Healthcare Information Technology	Yes (all sites)
Has a formal process for communicating with a patient's referring physician (for providers who see referred patients)	Yes (all sites)
Uses an electronic system for tracking lab tests to ensure ordered tests are completed	N/A
Uses an electronic system for tracking imaging tests to ensure ordered tests are completed	N/A
Provides health prevention or treatment information to patients via print or video materials	Yes (all sites)
Offers classes on various health topics (or, if a single-provider practice, refers patients to organizations that provide classes)	Yes
Uses an electronic tool for prescribing medications	N/A
Top five conditions handled: 1. Back pain 2. Knee pain 3. Shoulder pain 4. Neck pain 5. Foot and ankle pain	

*Information in this profile was collected during fall 2008 using a survey developed by Medica in conjunction with its Patient Choice program. The information was self-reported by the clinic.*

Top five conditions seen that require surgery	N/A
Top three surgeries performed	N/A
Percent of surgeries/procedures that require additional unplanned corrective work	N/A
Has a written strategy to address issues of health disparities	Yes
Has nurse practitioners or physician assistants	N/A
Participates in clinical trials/research activities	Yes; treatment for knee, shoulder and low-back injuries
<b>Quality Improvement Activities</b>	
Has a written quality improvement program	Yes
Has an active quality improvement committee Top three issues being addressed 1. Patient satisfaction 2. Physician satisfaction 3. Timely patient access to appointments/clinics	Yes
Compares individual physician's performance with the performance of other physicians in the clinic	Yes
Compares clinic's performance with the performance of other similar organizations	Yes
Has processes in place for: – identifying adverse incidents – reporting adverse incidents – analyzing adverse incidents – preventing adverse incidents	Yes Yes Yes Yes
Percent of physicians who are board certified in the area in which they practice	N/A
Measures patient satisfaction Results are available for viewing	Yes By request only
<b>External Recognition</b>	
Received recognition(s) for best practices or quality measures • 2005 Gallup Award for Healthcare Excellence for financial, operational, patient satisfaction and employee satisfaction excellence.	
Certified or accredited by external organizations	N/A
<b>Web Tools and Information</b>	
Offers the following electronically:	
Appointment scheduling	No
E-visits	No
Payment processing	Yes
Prescription refill requests	N/A
Ability to communicate with patients via secure e-mail	No

Communication of test results (lab results, etc.)	N/A
Reminders for routine visits	N/A
Blogs or online support groups	No
Requests for copies of medical records	No
Online access to medical records	No
Other	No
Clinic's Web site offers the following information:	
Profiles of physicians/clinicians	No
Registration materials	Yes
Downloadable forms	Yes; health history form, outcome measurement tools for low back, neck, shoulder and knee
Patient satisfaction data	No
Pricing information	No
Research information on conditions treated	Yes
Information is based on original research performed by this clinic	No
Conditions addressed	Low back, neck, knee, shoulder
Offers Wi-Fi access	Yes
<b>Physical Therapy-Specific Information</b>	
Areas of expertise	Sports medicine, athletic training, women's health, chiropractic and hand therapy, with special programs for running, throwing, cycling, golf, low-back pain, occupational medicine, arts medicine and acupuncture.
Certification(s) therapists have received: <ul style="list-style-type: none"> <li>• Sports Certified Specialist, Orthopaedic Certified Specialist (American Physical Therapy Association's American Board of Physical Therapy Specialties)</li> <li>• Certified Athletic Trainers</li> <li>• Certified Strength and Conditioning Specialists</li> <li>• Certified Manual Therapy practitioners</li> <li>• Certified ASTYM™ practitioners</li> <li>• Certified Postural Restoration practitioners</li> <li>• Diploma in McKenzie Mechanical Diagnosis and Therapy</li> <li>• Pilates Instructor Certification</li> </ul>	
Treatment philosophy	Patient-centered evidence-based care focusing on active care that educates the patient on how to maximize their function and improve their ability to move.

Facility offers on-site:	
Gym/exercise equipment	Yes
Swimming/therapy pool	Yes
Whirlpool	No
Massage therapy	Yes (all sites)
Physician oversight	Yes (23 sites)
Other: MedX Lumbar and Cervical training and testing equipment, Pilates Reformers equipment, video analysis, sports performance	Yes*
*Patients can access the above amenities after being discharged from therapy	
<b>Chronic low-back pain</b>	
Average number of visits to treat	4 to 6
Percent of patients referred on to surgery	N/A
Percent of patients treated who've already had surgery	10%
<b>Acute low-back pain</b>	
Average number of visits to treat	3 to 5
Percent of patients referred onto surgery	N/A
Percent of patients treated who've already had surgery	Less than 5%