

Services and Treatments

- Management of athletic injuries
- Treatment for knee and shoulder injuries
- Arthroscopic and open repair of torn ligaments
- Sports team coverage
- Certified athletic training
- Physical therapy in conjunction with HRRMC Rehabilitation Services

Appointments

Call 719-530-2000 to make an appointment.

Clinic: Appointments are available Monday-Friday. We are based in Salida but offer outreach clinics in Buena Vista, Westcliffe, Del Norte and Leadville.

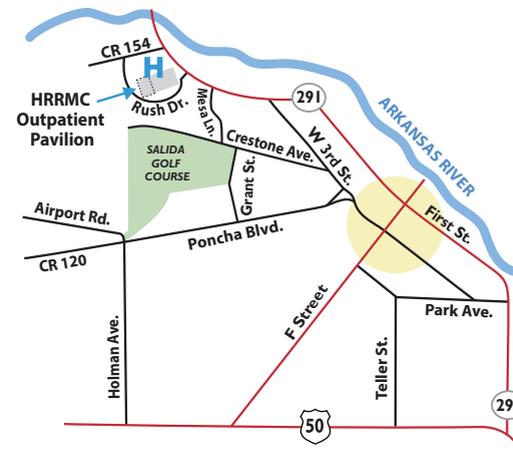
Surgery: All day Monday, Wednesday and half-day Friday

Policies and Procedures

- For EMERGENCIES, call 911 or go to the nearest hospital emergency room.
- Contact your pharmacy directly for all refills and renewals of medications. Allow 72 hours for processing. Only first-time prescriptions and narcotic refills are generated from our office.
- All test and laboratory results are communicated back to the patient as promptly as possible.
- When leaving a message, please spell your name and provide date of birth, phone number, and a detailed request, including level of urgency. After hours, if you have an urgent healthcare need, please contact the HRRMC Emergency Department at (719) 530-2157.
- If you are unable to keep an appointment, please give 24 hours notice of cancellation.

Payment

- Payment/copay is due at time of service.
- There will be a fee for your visit. Other services, including lab tests, will be billed in addition.
- You may request an estimate of charges at time of service.
- Medicare patients of the HRRMC Outpatient Pavilion in Salida will receive one explanation of benefits—clinic charges will be added to any hospital charges that may be incurred on that same day. Medicare patients are charged the same amount as non-Medicare patients, but the bill is broken down differently for Medicare reimbursement.
- A 15% prompt-payment discount is available to self-pay and uninsured patients.
- We accept cash, check, Visa, Mastercard and Discover.
- Claims with most insurance plans are filed on your behalf.
- Structured payment plans are available.
- Billing questions may be directed to account representatives by calling (719) 530-2475.



HRRMC Outpatient Pavilion
1000 Rush Drive, Salida, CO 81201
719-530-2000 • hrrmc.com

The HRRMC Outpatient Pavilion is attached to the hospital but has a separate entrance. Patients will check in for their appointment in the Outpatient Pavilion, not at the hospital's main registration desk.

5/19

HRRMC Orthopedics is dedicated to a multi-disciplinary approach to clinical problem solving, education and research. We work to build a collaborative relationship between orthopedic surgery, primary care, physical therapy and Heart of the Rockies Regional Medical Center to ensure that our patients and families experience comprehensive quality care from pre-admission through rehabilitation.



HRRMC ORTHOPEDIC SPORTS MEDICINE CENTER



Welcome

Welcome to the HRRMC Orthopedic Sports Medicine Center. We strive to serve the highly athletic population of the Upper Arkansas Valley by offering the highest standard of orthopedic sports medicine.

Our sports medicine team specializes in treating injuries that routinely hamper athletes and the physically active. We believe in maintaining an open, communicative relationship with our patients and their primary care providers during and after treatment.

HIGH PERFORMANCE HEALING



- **Board Certification:** American Board of Orthopaedic Surgeons
- **Fellowship:** Independent Sports Medicine Traveling Fellowship with Drs. Jim Andrews, Bob Larson, Frank Noyes and Lanny Johnson
- **Residency:** Orthopaedic Surgery, University of Minnesota
- **Medical School:** University of Minnesota School of Medicine

Robert Hunter, MD, is director of the Orthopedic Sports Medicine Center at Heart of the Rockies Regional Medical Center. A board-certified, fellowship-trained orthopedist, Dr. Hunter specializes in treating knee and shoulder conditions, performing arthroscopic and open repair of torn ligaments, and managing athletic injuries. He is a nationally recognized orthopedic surgeon who has been selected year after year by his peers for inclusion in the Best Doctors in America® database.

Dr. Hunter came to Salida in 2009 from the University of Arizona in Tucson, where he served as director of sports medicine for the Department of Orthopaedic Surgery. He also served as the orthopedic surgeon for the University of Arizona's intercollegiate athletics program and as team doctor for the Chicago White Sox during their spring training.

Prior to his time in Tucson, Dr. Hunter spent 14 years with an orthopedic group in Aspen. He is founding director of the Aspen Foundation for Sports Medicine, Education and Research Fellowship Program. From 1980-1989, he was an associate professor at the University of Minnesota and an orthopedic consultant to the University's intercollegiate athletics program.

Dr. Hunter has served on the Board of Fellows of Professional Team Physicians and in several leadership positions with the Arthroscopy Association of North America, including as president (2017-2018). Dr. Hunter lectures around the world and has published more than 40 articles in refereed journals and written 14 chapters in sports medicine texts. He also co-authored the medical textbook "AANA Advanced Arthroscopy: The Knee."



Karli Dimino, MPAS, PA-C, graduated from SUNY Downstate Medical School in Brooklyn, New York, and earned her master's degree at the University of Nebraska Medical School in Omaha. She has practiced as a physician assistant specializing in orthopedic sports medicine since 1999.

Karli joined the HRRMC Sports Medicine team in 2010. She is a member of the American Association of Physician Assistants.



Beth Pack, MS, PA-C, earned her master's degree from the University of Medicine and Dentistry of New Jersey and has practiced as a physician assistant since 1999.

Beth moved to Salida in 2008 and has worked in HRRMC's internal medicine practice, the HRRMC Buena Vista Health Center, and the hospital's Emergency Department. She joined the HRRMC Sports Medicine team in 2014 and is a member of the American Association of Physician Assistants.



Dan Evans, MLS, ITAT, ATC, graduated from Fort Hays State University in Kansas with bachelor's degrees in physical education and general science, and a master's in health promotion and wellness. He earned his athletic training certification from the National Athletic Trainers' Association.

Dan has practiced as an athletic trainer since 2001. He implemented the athletic training outreach program at HRRMC in 2011, which serves several area high schools.



Eddy Velazco, MS, ATC, graduated from Fort Hays State University in Kansas with a bachelor's degree in athletic training. He received his master's in kinesiology from Augusta University in Augusta, Georgia, and earned his athletic training certification from the National Athletic Trainers' Association.

Eddy has practiced as an athletic trainer since 2015. He worked as a graduate assistant athletic trainer at Augusta University before relocating to Salida in 2017.



Brady Ternes, MA, LAT, ATC, earned his bachelor's in health and human performance from Fort Hays State University in Kansas. He completed his master's in sports science and pedagogy at Gardner-Webb University in Boiling Springs, North Carolina. Brady earned his athletic training certification from the National Athletic Trainers' Association.

Prior to relocating to Salida in 2016, Brady spent over 12 years as an athletic trainer at Fort Hays State University.