



# STUDENT ATHLETE PROGRAM

**HRRMC's Student Athlete Program is a partnership between HRRMC Athletic Trainers, Physical Therapists and Orthopedists to get student athletes back to sport.**

## **How it works:**

- HRRMC Athletic Trainers may refer a student athlete to an HRRMC Physical Therapist for a consultation.
- During the initial Physical Therapy consultation, student athletes are screened to assess the extent of their injury.
- Student athletes referred to the Student Athlete Program will be treated by a licensed Physical Therapist for up to 4 treatment sessions.
- If indicated, the student may be referred to a Physician for a more in-depth examination.
- If a Physician's oversight is warranted, the student will need to transition from the Student Athlete Program to a formal Physical Therapy Plan of Care, for which insurance and/or hospital, cash-based pricing applies.
- The Physical Therapist and Athletic Trainer will communicate recommendations to the student, parent/guardian and coaches regarding "return to sport", as well as any mobility restrictions.

## **Common injuries addressed in the program:**

- Minor sprains and strains
- Bruising
- Tendonitis/bursitis
- Minor soreness, stiffness, pain

## Cost:

- Student athletes referred to the Student Athlete Program are charged a discounted, cash rate for each session, up to 4 sessions.
- If the student athlete requires ongoing intervention beyond the 4 allotted sessions, insurance or hospital cash-based rates apply.

To get started, call the clinic closest to you for an appointment. Make sure to specify that you are in the student athlete program for correct billing.



### OUTPATIENT PAVILION

📍 1000 Rush Drive, Salida, CO 81201

☎ (719) 530-2040



### BUENA VISTA HEALTH CENTER

📍 28374 CR 317, Buena Vista, CO 81211

☎ (719) 395-9048, option 6



### CUSTER COUNTY HEALTH CENTER

📍 704 Edwards Avenue, Westcliffe, CO 81252

☎ (719) 783-2380, option 4



### SAGUACHE HEALTH CENTER

📍 405 N. Denver Avenue, Saguache, CO 81149

☎ (719) 530-2040



HEART OF THE ROCKIES  
REGIONAL MEDICAL CENTER