**LET'S TALK ABOUT LOCAL RESOURCES**

These are not the only providers in Ames or the surrounding area. Please do your research on which provider may be best for your particular injury or illness.

**AME SPINE & SPORT**

Drs. Jessi and Joe are chiropractors who can help you get back to play from all sorts of injuries. They will be partnering with a physical therapist on site this fall. Call the office for insurance and rate information.

Note: the wait time for a new patient appointment can be long so if you need to get in, make your appointment asap!

They do not clear from concussions BUT can help with concussion symptoms and misalignment after the injury.

**REBARCAK CHIROPRACTIC PAIN RELIEF CENTER**

A local Ames chiropractic clinic that provides chiropractic and rehabilitative care.

Call for insurance coverage and rates.

**THILEN STUDENT HEALTH CENTER**

TSHC is the on-campus clinic for regular health care appointments. Dr. Bice was the supervising physician for the ATs at Rec Services and is a great resource for musculoskeletal injuries. He has experience with concussion clearance. The protocol will not be the same at with the AT staff but will be sufficient to return you to play.

**TSHC PHYSICAL THERAPY**

A good resource for rehabilitation and treatments. They offer full physical therapy services including acute injury care and post-surgical rehabilitation.

Call the office to check insurance coverage.

**MCFARLAND SPORTS MEDICINE**

Providers are available for musculoskeletal injuries and concussion evaluation services. They also have orthopedic surgeons for consultation on more serious injuries or injuries that are not responding to rehab and treatment.

**PELVIC PHYSICAL THERAPY**

For patients needing pelvic physical therapy, which is suggested for women after having a baby or those experiencing unusual pelvic pain or pain with sex, there are several PTs in Ames that address this particular issue.

Katie Albrecht
Jen Oetker

**THE ATHLETIC TRAINING ROOM**

A locally owned athletic training business in Ankeny that provides evaluations and treatment to patients.

They also provide as-needed event coverage with enough planning.

Visit their website for pricing and more information.

**INJURY EVALUATIONS**

- Thielen Student Health Center/Physical Therapy
- McFarland Sports Medicine
- The Athletic Training Room

**REHAB/PHYSICAL THERAPY**

- TSHC Physical Therapy
- McFarland Sports Medicine/PT
- Ames Spine and Sport
- The Athletic Training Room

**CONCUSSION EVALUATION**

- Thielen student health Center
- McFarland Sports Medicine
- The Athletic Training Room

**REHAB**

A good resource for rehabilitation and treatments. They offer full physical therapy services including acute injury care and post-surgical rehabilitation.

Call the office to check insurance coverage.