



Sports  
Medicine

Hello everyone,

My name is Joe Emery and I am an exercise physiologist at Mercy Sports Medicine – HealthTracks. I run the sports performance program at HealthTracks and have a hand in injury rehab with our patients coming out of surgery. I will serve as your contact should you need anything sports medicine related or if you just have questions about your kiddo and their athletic journey. My email address has been provided below. Please do not hesitate to contact me.

While my trade is training athletes, my passion is in the game of baseball. Having played the game at the college level, I know what a life of 8-10 months on the field looks like and how it feels. While it can be a grind, it can also make for some of the most memorable times. Unfortunately, some of those memories can be dead arms, season ending injuries, and surgeries. We want to help change that.

One of the ways we get to help the Mavericks is by providing an Injury Hotline directly to our board certified Athletic Trainers at Healthtracks. Here is the process...

1. Your athlete gets hurt.
2. **\*\*Call HealthTracks at 417-820-5010 ext.3. Our hours are M-Th 8a-5p and Friday 8a-12:30p.**
3. ***Please identify yourself as a part of the Midwest Mavericks baseball club.***
4. A certified Athletic Trainer will speak with you about the injury and provide the best options available for treatment.

**\*\*Injuries that include obvious deformities (broken bones, dislocations, missing teeth) need to be addressed immediately through your primary care physician or the emergency department. We do not reset bones or provide emergency care at HealthTracks.**

#### **So how is this different than calling the doctor for your child's rolled ankle or sore arm?**

Our Certified Athletic Trainers (ATC) will assess the injury over the phone and give their professional recommendation. This not only saves you a copay but also saves hours of waiting in the doctors' office. This process will connect you directly to a Sports Medicine professional which usually requires a referral from your primary care physician. If our ATCs believe you can manage the injury at home with a few of their recommendations, we will not waste your time with doctors' visits and waiting times.

If needed, we will refer your child to one of our Sports Medicine Physicians at the Orthopedic Hospital in Ozark. Once we contact our coworkers at the Orthopedic Hospital, they will contact you as soon as possible and take over care from there.

The entire process described above usually takes place within an hour or two. This is by far the quickest, most effective path to recovery that we can offer. It should go without saying, but our main objective with this process is to provide your child with the best care possible in the shortest amount of time so they can return to the sport they love as quickly as possible.

Again, please don't hesitate to contact me with questions you have about this process or anything else you may be concerned or curious about. I can be reached at **Joseph.Emery@mercy.net** and I will respond as soon as possible. Thank you for allowing us to be a part of your child's athletic endeavors and their continued betterment.

Joe