

2020/2021 Physiotherapy Services and Information for Cross Country Running

N.B. At this point it is unlikely that we will have access to physiotherapy services at Augustana. The services we had in 2019 are outlined below for reference only. Runners should talk to the coaches and make their own arrangements to get physiotherapy if necessary. All runners should still either have their own plan or subscribe to the UofA Student Union plan as described below to cover costs.

Triage (assessment):

Physiotherapy triage center

physiotherapist: Dean Prpick

location: trainers room in hallway outside Augustana gymnasium west door

times: 2:00 – 3:00 pm Monday 8:30-11:00 am Tuesday

appointments: sign up sheet on trainer's room door

appointment description: a quick screen with recommendations on how to proceed / who to see

Physiotherapy

appointments: to be arranged by student-athlete with a local physiotherapist

cost: covered

- parent plan (plan may pay directly or reimburse you for payment)
- UofA Student Union (SU) Plan (you pay and then submit for reimbursement)

note: you must either be covered by a parent plan (in which case you should opt out of the SU plan) or by the SU plan