



VIMY RIDGE  
ACADEMY

# Physio and Sports Med Coverage

Summerside Physio is proud to once again provide medical coverage including Physiotherapy (Chris Holt, PT) and Pediatric Sports Medicine Doctor (Dr. Erika Persson) visits within Vimy Ridge Academy! We specialize in helping young athletes stay active, perform their best, and return to sport after injury. Save time AND integrate treatment into your school programming!



## Physio Availability

Mondays and Wednesdays  
9:00am – 4:00pm

## Doctor Availability

Thursdays  
10:00am – 2:00pm



## HOW TO BOOK IN:



**Step 1:** Scan the QR code, visit [summersidephysio.com](http://summersidephysio.com) and click **BOOK ONLINE**, or call 780-466-8676

**Step 2:** If booking online, select VIMY as location, then select Chris or Dr Persson (depending on who you want to see) as practitioner, and find a time

**Step 3:** Fill out all information on the patient portal, including credit card and benefit info, and all emailed forms

**Step 4:** Attend your visit right in the school in room 121!

**Step 5:** For Dr Persson, all fees are billed directly to Alberta Health, so no cost to you. For Physiotherapy, all billings (including benefit plans) will occur later that day, and receipts will be emailed.

## Fees:

Physio Assessment:	\$155
Physio Treatment:	\$105
Sports Med Dr:	AHS Funded

[summersidephysio.com](http://summersidephysio.com) 780-466-8676



# Who should I see?

All Vimy Ridge Academy students with injuries, training concerns, performance issues, or pain can see either Physio or a Sports Medicine Dr for help. Athletes with issues requiring some sort of programming to help correct or recover (weakness following injury, muscle imbalance, etc) may best be served by physio, while athletes with acute injuries requiring diagnostic imaging, athletes with more medical concerns (including concussion, hypermobility, diet, and energy concerns), and any athlete where long term load management (keeping an eye on how the body is responding to increased training), would best be served by a Sports Med Dr. However, all students should consider working with both PT and Sports Med in order to get the best care.



## **Dr Erika Persson. MD, FRCPC, Dip Sport Med Pediatric Sport Medicine Physician**

Dr. Persson completed her medical degree in 2005 and Pediatric Residency at the UofA and Stollery Children's Hospital in 2009. She then went on to complete her Pediatric Sport Medicine Fellowship at the University of Manitoba as the first fellow in the first and only Canadian Pediatric Sport Medicine Training program.

She holds her diploma in Sport and Exercise Medicine from the Canadian Academy of Sport and Exercise Medicine. As a former dancer, Dr. Persson has a special interest in performing arts medicine and aesthetic sports including dance, gymnastics and figure skating. Dr. Persson has served on the Team Canada health care team at the 2018 Winter Olympics in South Korea; the 2016 Youth Winter Olympic Games in Norway and the 2015 and 2017 editions of the FISU Universiade games. She is a Team Physician for Skate Canada and works with elite national figure skaters travelling internationally numerous times per year.

## **Chris Holt. BScPT, MScRS Cert. Sports Physio**

Chris has worked with local and international sports teams for the past 20 years including rugby, hockey, basketball, and dance. He holds a certificate in Sports Physiotherapy and has a special interest in the area of pediatric sports injuries. A clinical educator with the University of Alberta, he is a regular presenter and research collaborator, and was recently recognized with a UofA Teaching Award. Chris' unique treatment style focuses on empowering patients, both young and old, to overcome obstacles through education and exercise.

