



Dear Newport Central Catholic Parents,

NCC would like to take this opportunity to reintroduce our Sports Medicine and Orthopaedic providers to our student-athletes. Most of you are already familiar with our long-standing relationship with Dr. Bilbo of Commonwealth Orthopaedic Centers and our Athletic Trainer Kelly Twehues but every year there are parents and student-athletes who are new to the school.

Kelly Twehues has been a teacher at NCC for several years and will begin her 16<sup>th</sup> season as the Athletic Trainer at NCC this year through the long-time partnership of the school and St. Elizabeth Sports Medicine. She is a Certified Athletic Trainer with an undergraduate and graduate education in Athletic Training and has many years of experience at the college and high school levels. Certified Athletic Trainers are Allied Health professionals who specialize in injury prevention and management, concussion recognition, assessment of safe athletic equipment, strength training and nutrition. In 2010, Kelly was awarded the "High School Athletic Trainer of the Year" by the Kentucky Athletic Trainers Society.

Dr. James Bilbo has been the team physician at NCC for 26 years. He is one of the most experienced Sports Medicine specialists in the area and part of Commonwealth Orthopaedic Centers, a 17 physician group with specialists in all areas of Orthopaedic Surgery and Sports Medicine. In addition to the care he provides to NCC, he is the Head Team Physician and Orthopaedic Surgeon at Northern Kentucky University and has been providing care to athletes and non-athletes in our community for many years. He is a specialist in Sports Medicine with an expertise in knee and shoulder problems. In 2011, Dr. Bilbo was awarded the "Sports Medicine Person of the Year" by the Kentucky Athletic Trainers Society.

As professionals, our goal is to provide the student-athletes at NCC with the highest quality Sports Medicine and Orthopaedic care. That includes rapid injury and illness recognition and treatment to allow a safe and timely return to competition never sacrificing long term health. As in the past, Kelly will be at most home sporting events. During that time and often in the training room after school she will be able to evaluate injuries and advance exercise programs. You are welcome to call or email her at work to speak about any concerns or questions you may have.

If your son or daughter sustains an injury or illness that needs to be seen by a physician, Kelly will be happy to help with scheduling that appointment and has direct physician access to easily do so. She can very quickly arrange visits with the physicians and physical therapists of Commonwealth Orthopaedic Centers and St. Elizabeth Healthcare. In addition, Commonwealth Orthopaedic Centers has an After-Hours Clinic evenings and Saturdays often eliminating the need for emergency room visits. Please feel free to contact Kelly or Dr. Bilbo with any questions or concerns that you may have. Thank you for the opportunity to work with your young athletes. Have a great season!

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