

FOR THE WIN

A newsletter brought to you by NWSEM
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Message from Dr. Fralich

Thank you for being a valued member of the Northwest Sports and Exercise Medicine community. Since we opened in mid-July 2024 as a direct specialty care private practice, we have seen tremendous growth and countless wins for our patients. Hence, the name of this monthly newsletter: **For the Win**.

This e-publication will amplify our practice mission to provide personalized, innovative, world-class sports medicine care for athletes of all ages and abilities. People sometimes tell me "I'm not an athlete so I'm not sure if you can help me" however, sports and exercise medicine is for everyone who is active or wants to become active, injured or well, amateur or professional, young or mature. Over 90% of musculoskeletal injuries do not require surgery and can be effectively managed with non-surgical treatments such as biologics, ultrasound-guided minimally invasive procedures, effective rehab programs, and lifestyle modification, which are among our many areas of expertise. We believe everyone deserves access to high-quality care where the return on investment in your health is exponential. Integrity, service, trust, excellence, and patient-centered care are the core values we strive to uphold here at Northwest Sports and Exercise Medicine, and patients have a right to choose where and from whom they receive their medical care.

Each month in **For the Win**, you will hear from me as well as Shay Hannigan-Luther, our amazing Athletic Trainer, find healthy and easy recipes, and meet some of the incredible patients we are privileged to walk alongside as they reach their goals. Finally, we have included links to our website, Instagram page, and weekly podcast **What's Right With Healthcare** (you read that correctly!), so please check those out, forward this newsletter to your family and friends, and leave us a Google review to help spread the word about our medical practice.

Yours in health,
Dr. Fralich

Patient Spotlight - Aliana Vakaloloma

I have played soccer for most of my life, 13 of my 16 years. While having multiple injuries over the years, the one that had the biggest impact on me was my torn labrum in my shoulder. Throughout my recovery process, mental health was one of the biggest challenges I faced, as well as gaining back muscle and endurance.

Thanks to the care of Dr. Fralich and then having surgery, I have been able to comfortably get back to playing at a competitive level. Dr. Fralich's diagnosis and referral to a surgeon were crucial.

Within two months of being cleared from my shoulder rehabilitation, I played in the Women's World Cup with the U20 Fijian National Team and later in the OFC Championship with the U16 Team. What an amazing experience and I'm thrilled to be joining the Senior Fijian National Team this summer.

I've always had a great experience with Dr. Fralich and her team . . . I trust their work completely. Dr. Fralich and Shay, as former athletes, understand and can relate to how important it is to get back to the sport you love. I can highly recommend this clinic to other athletes.



What is an Athletic Trainer?

By Shay Hannigan-Luther

March is National Athletic Training Month, making it an ideal time to highlight the role my profession plays and the skills I bring to this practice. As healthcare professionals, Certified Athletic Trainers (ATCs) like myself provide a wide range of services and treatments, often in collaboration with, or under the guidance of, a physician.

Historically, ATCs only needed a Bachelor's degree, but the field has evolved over the past decade. Now, all ATCs must complete an accredited Master's program before sitting for the Board of Certification exam. Our education encompasses emergency management, clinical examination and diagnosis, injury and illness prevention, therapeutic interventions and rehabilitation, and wellness education. Although many people recognize ATCs from their role at high school, college, and professional sporting events, our work extends far beyond the sidelines. Today, ATCs are found in diverse settings, including military, industrial workplaces, hospitals, and clinics. At NWSEM, I work in a physician extender role with Dr. Fralich and provide specialized services, such as post-concussion vestibular therapy and prescription of home exercise programs.

Good 'n Healthy

Need to satisfy that sweet tooth? Here's a quick and easy recipe!

Oatmeal Dark Chocolate Chip Cookies

2 mashed, ripe bananas
1/2 c. peanut butter
1/2 c. rolled oats
1 tsp vanilla extract

Mix all together and chill in the refrigerator for 10 minutes, to thicken up.

Add dark chocolate chips and/or nuts to taste.

Bake at 350 degrees for 12 - 15 minutes.

Enjoy!

If you would like to learn more about the field of athletic training and the contributions of ATCs to healthcare, tune in to the March 2nd episode of our podcast, *What's Right With Healthcare*. A link to the podcast can be found at the bottom of this newsletter.

Meet Our Staff

Dr. Fralich, MD FAAFP CAQSM - Dr. Fralich is dual-board certified in Family Medicine and Sports Medicine with over a decade of clinical outpatient experience as a Sports Medicine physician, including prior service as a primary care physician and rural emergency medicine physician in the Pacific Northwest. After playing college basketball and earning a Bachelor's degree in Biology, Dr. Fralich chose an unconventional path to medicine which included working in a pathology lab, serving as a firefighter, earning a Master's degree in Teaching, and working as a high school teacher and basketball coach before entering medical school. Dr. Fralich earned her medical degree from Ross University School of Medicine, then completed her Family Medicine residency in Spokane, WA and Sports Medicine fellowship at the University of Massachusetts.

Shay Hannigan-Luther MATRN, LAT, ATC - Shay was raised in Coeur d'Alene, Idaho and graduated from Lake City High School. He received a Bachelor of Arts in Exercise Science and Spanish from Willamette University in Salem, OR and a Master of Athletic Training degree from Oregon State University. As a Certified Athletic Trainer (ATC), Shay has worked with the Washington State University track and field and cross-country teams and completed an athletic training residency at The Steadman Clinic in Vail, Colorado. While in Colorado, Shay had the opportunity to work alongside world class orthopedic surgeons to treat patients and assist in the operating room. He was also a part of the medical teams for a variety of local events, including the TransRockies Run and the Vail Mountain Bike Race Series.

Claudia C. - Claudia lived throughout the United States and abroad as an Air Force family, primarily raised in Spokane Valley, WA and graduated from Central Valley High School. She received an Associate in Applied Science Paralegal degree from Spokane Community College. Claudia has been an Executive Assistant for many years and transitioned to the medical office field in 2018 with experience in Orthopedics and Sports Medicine.

Lynda F. - As a former owner of multiple businesses, Lynda now works behind the scenes as our business manager emeritus. She has been a tireless volunteer in the Spokane community for over 40 years and has lived in Spokane for even longer! She is a sports car enthusiast who enjoys good coffee, being with her family (especially her grandchildren), international travel, and is proud of her Scottish heritage.

Upcoming Events

Sports Performance & Leadership Summit

When: Saturday, May 3, 2025, 10:00 am to 3:00 pm

Where: Gonzaga Preparatory School

Who: All Athletes Grades 9 - 12

Podcasts

Spotify - What's Right With Healthcare

Amazon Music - What's Right With Healthcare

iHeart Radio - What's Right With Healthcare

Apple - What's Right With Healthcare



<https://www.instagram.com/laura.fralichmd>



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