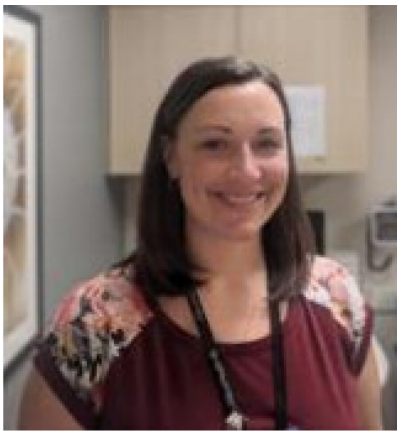
2022-2023 ATHLETIC MEDICINE STAFF

Alison Caro, MS, LAT, ATC



Athletic Trainer

Seasons with Northern Lights: Sixth season

Education

- Bachelor of Science from Winona State University in Athletic Training
- Master of Science from the University of Northern Colorado in Biomechanics.

Athletic Training Professional Background

- Allina Health Orthopedics 2011 to present
- 2017- Present: Allina Health Orthopedics Clinical Services Manager, Co-Head Athletic Trainer Northern Lights Volleyball Club
- 2015-2017 Clinical Athletic Trainer
- 2007-2015 Outreach Athletic Trainer: Macalester College
- Division III Athletics: Women's volleyball, Softball, and Water Polo
- University of Northern Colorado 2007-2011
    - Athletic Trainer Division I Athletics: Football, Women's Basketball, Softball

Personal: Alison enjoys spending time with her husband and two children. They enjoy exploring the Twin Cities and travels frequently to Colorado to visit family.

Email: alison.caro@allina.com
Cell Phone: 651-403-3184

Holly Roach, MS, LAT, ATC

Athletic Trainer

Seasons with Northern Lights: Sixth season

Education

- Bachelor of Science in Exercise Science Mayville State University North Dakota
- Master of Science in Athletic Training from the College of St. Scholastica, Duluth

Athletic Training Career

- Allina Health Orthopedics 2013 to present
- 2017- present Co Head Athletic Trainer with Northern Lights Volleyball Club
- 2016 – present clinical Athletic Trainer
- 2013-2016 Outreach Athletic Trainer at St. Paul Academy and Summit School, St. Paul.
- 2011-2013 Athletic Training Graduate Student
    - Athletic Training student for DIII, DI, and high school athletes.

Personal: Outside of work Holly enjoys spending time with her son Harrison and immediate family. You may find Holly enjoying any Minnesota sporting event or enjoying the great outdoors.

Email: holly.roach@allina.com
Cell Phone: 612-900-8696

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2022-2023 ATHLETIC MEDICINE STAFF

Andrew Houghton, MD, CAQ

Orthopedic Sports Medicine Provider

Fifth season working with Northern Lights Volleyball Club as the primary Physician.

Education

- Board Certified in Sports Medicine and Family Medicine
- Fellowship in Sports Medicine: University of Connecticut
- Residency in Family Medicine at the University of Minnesota - Methodist Hospital
- Received Doctor of Medicine degree from the University of Minnesota Medical School

Special Interests

- Sports-related injuries
- Fracture management
- Overuse injuries
- Sports concussion management

Personal: Dr. Houghton grew up on a fish farm in Southern Minnesota before attending the University of Minnesota-Duluth for his undergraduate education and medical school. He enjoys time with his wife, family, and friends. In his free time, he likes running, camping, fishing, and attending local sporting events.

Website: https://account.allinahealth.org/providers/17766

Katie Freeman, MD

Orthopedic Sports Surgeon

Second season with Northern Lights Volleyball as sports Surgeon

Education and professional background

- Bachelor of Science from University of South Dakota
- University of Iowa Roy J. and Lucile A. Carver College of Medicine
- University of Missouri-Columbia Orthopedic surgical residency
- Fairview/Minnesota Orthopedics sports medicine Institute 2017-2018 fellowship
- Nebraska Medicine 2018-2021
- Allina Health Orthopedics 21-present

Personal: I am passionate about taking care of active individuals of all different ages and athletic abilities ranging from the weekend warrior to the elite athlete. As a former collegiate athlete and someone who remains active, I understand the importance athletics and staying active plays in patient's lives. I strive to help get patients back to their desired activity level whatever it may be. Dr. Freeman just recently moved back to Minnesota. In her free time she enjoys cycling, hiking, soccer, traveling and spending time with her family

Website: https://account.allinahealth.org/providers/19545

Allina Health

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Athletic Trainers will be onsite once a week for injury evaluations, return to play assessments, and rehabilitation assistance with players. They enjoy being able to work with athletes, with the goal in mind of keeping them safely in play. Through a continued partnership with Allina Health Orthopedics, Northern Lights Volleyball players are provided with a resource to be seen with any provider at any of their clinical locations. Appointments with Dr. Houghton or Dr. Freeman can be arranged by contacting either Alison or Holly.

To schedule an appointment: **952-946-9777**
For scheduling assistance please reach out to Alison or Holly
For more information: **allinahealth.org/ortho**

NORTHERN LIGHTS
NL
VOLLEYBALL

Allina Health