



Alecia Marshall  
*Certified Athletic Trainer*

A Certified Athletic Trainer (ATC) is a medical expert in preventing, recognizing, managing and rehabilitating injuries that result from physical activity. Athletic trainers must have at least a bachelor's degree, pass an extensive 3-part national certification exam and complete continuing education yearly.

Alecia Marshall is the Athletic Trainer for Metamora. She graduated from McKendree University in 2001 and has been working specifically with the Metamora football team ever since. She will be at MTHS each Monday through the fall sports schedule from 2:15 pm – 3:00 pm. Throughout the remainder of the year, she will be present in the coach's office every other Monday during the same time frame. At these times, she can evaluate injuries, follow up with rehab, tape injured players and refer elsewhere if necessary. Our main goal is to obtain the fastest recovery possible to get your athlete back to the field/gym. All of this is at no cost to you – a benefit of being a MTHS student athlete.

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Medical Group  
at Washington

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Germantown Hills, IL 61548  
Phone: (309) 383-2772

# Meet Your Sports Medicine Team

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## Meet Your Sports Medicine Team

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Dr. Timothy Kaufman  
*Chiropractic Physician*

Dr. Timothy Kaufman has been in practice since graduating in 1991 with honors in research from Palmer College of Chiropractic. He opened Kaufman Wellness Center, LTD. in March 1995.

Dr. Kaufman is the Team Doctor for the Metamora Redbirds and the Official Team Chiropractor for the Peoria Rivermen Hockey team. Additionally, he is a member of many professional chiropractic organizations.

Like conventional medicine, chiropractic is based upon scientific principles of diagnosis through testing and empirical observations. Treatment is based upon the practitioner's rigorous training and clinical experience. Rehabilitation paired with chiropractic adjustments continually produces a quicker recovery...not only of the spine but also injuries around and in the joints as well.



Dr. Matthew Craig  
*Chiropractic Physician*

Dr. Matthew Craig graduated Valedictorian of his class from Palmer College of Chiropractic in 2008. He was involved in the Sports Council program as well as the Motion Palpation Institute at Palmer College.

Dr. Craig is a Sports Injury Prevention Consultant. He has gone to several facilities to evaluate and prescribe exercises to prevent future injuries.



Dr. Chris Miles, MD  
*Primary Care Sports  
Medicine Physician*

Dr. Chris Miles graduated in 2005 from the University of Illinois College of Medicine at Peoria. He completed his residency in 2008 at Methodist Medical Center of Illinois where he is currently employed in Washington. He completed a Sports Medicine Fellowship in 2009 at Wake Forest University.

**At games and on the sideline, we are your athlete's first responder. We offer evaluations of the injuries and we refer to the appropriate provider when necessary. Upon the event that your athlete needs further care, we work in our offices throughout the week to provide services necessary to speed up the healing process. Your athlete's health is our main priority. We are always open to questions. We are looking forward to another great year. GO REDBIRDS!**