2020-2021 Athletic Medical Staff

Alison Caro, MS, LAT, ATC

Athletic Trainer

Seasons with Northern Lights: Fourth season as Co-Head Athletic Trainer

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-Present

- 2017- Present: Allina Health Orthopedics Clinical Services Supervisor, 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
Website: allinahealth.org/ortho
Phone: 952-946-9777

Holly Roach, MS, LAT, ATC

Athletic Trainer

Seasons with Northern Lights: Fourth season as Co-Head Athletic Trainer

Education:

- Bachelors of Science in Exercise Science from Mayville State University North Dakota
  - Varsity Women's Softball team
- Masters of Science in Athletic Training from the College of St. Scholastica, Duluth.
  - UW Superior volleyball & soccer teams, College of St. Scholastica football, track & field, and hockey teams, UMD DI men's hockey.

Athletic Training:

Allina Health Orthopedics 2013 to present

2017- present Co Head Athletic Trainer with Northern Lights Volleyball Club

2016 – present full-time clinical Athletic Trainer

- worked with a variety of providers from sub-specialty trained surgeons and non-surgical sports medicine providers

2013-2016 St. Paul Academy and Summit School, St. Paul.

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
Website: allinahealth.org/ortho
Phone: 952-946-9777

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 can be arranged by contacting either Alison or Holly.

Allina Health

Andrew Houghton, MD, CAQ

Orthopedic Sports Medicine Provider

Seasons with Northern Lights: Third 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.

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