



Alexis Holthues, MS, LAT, ATC

Athletic Training

Locations

Phone

Goshen Orthopedics

1824 Dorchester Ct, Goshen, IN 46526 ([Directions](#))

Phone: (574) 534-2548

About

BIOGRAPHY

Alexis Holthues is a licensed and board certified athletic trainer at Goshen Orthopedics. She is the lead athletic trainer for student athletes in grades 9-12 at Northridge High School.

As an integral part of the school's athletic program, Alexis provides preventive care and evaluates, diagnoses and rehabilitates athletes with sports injuries. She also works alongside doctors, coaches and parents to establish safety protocols, including concussion testing, evaluation and management.

For Alexis, patient education is essential to her approach to care. She encourages patients to learn about their injury and treatment and take an active role in making decisions about their care. Alexis also helps patients set short and long term goals for their rehabilitation and ongoing fitness program.

PHILOSOPHY OF CARE

Alexis believes patients deserve to feel they are heard. That's why her door is always open for students who need care for an injury or want to discuss issues affecting their athletic performance.



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Education

Board Certified – Athletic Training

Education and training:

Master of Athletic Training

Manchester University, North Manchester, IN

Bachelor of Science in Strength and Conditioning

University of Findlay, Findlay, OH

Clinical Interest & Research

- Preventive care
- Ligament rehabilitation