

Rocky Hill Sports Medicine Team



Athletic Trainer: Emma O'Keefe, ATC, LAT



Emma earned her Bachelor of Science degree in Athletic Training, with a minor in Biology, from Massachusetts College of Liberal Arts. During her undergraduate education, she completed more than 1,000 clinical hours working with high school and collegiate athletes throughout Massachusetts and Vermont. Her clinical experience included working with the Mount Anthony Union High School wrestling program, where she was part of the sports medicine team during its historic 36-consecutive-state-championship run.

Emma was also a three-year member of the women's basketball team at MCLA, giving her firsthand experience as a student-athlete and further strengthening her passion for sports medicine. She joined Rocky Hill High School in 2023 and became a full-time member of the staff in 2025.

Emma has known she wanted to become an athletic trainer since she was eight years old, when she would watch the University of Hartford women's basketball team. Outside of athletic training, Emma enjoys following the Yankees, New

York Giants, and the WNBA, as well as spending time with her dog, Winnie.

OKEEFEm@rockyhillps.com

Team Physician: Dr. Randall Risinger, MD

Dr. Randall J. Risinger is a board-certified orthopedic surgeon specializing in sports medicine, with a particular focus on shoulder and knee injuries and reconstruction. He completed his undergraduate education in biomedical engineering at Duke University before earning his medical degree from Wake Forest University School of Medicine. He then completed his orthopedic surgery residency at the University of Vermont, followed by an advanced fellowship in orthopedic sports medicine and shoulder arthroplasty at Rush-Presbyterian-St. Luke's Medical Center in Chicago.

During his time in Chicago, Dr. Risinger served as the team physician for both the Chicago White Sox and Chicago Bulls, working closely with professional athletes. Dr. Risinger has extensive experience treating athletes and sports-related injuries and has served as a team physician for Hartford Athletic and Rocky Hill High School since 2016.

His clinical interests include advanced arthroscopic and open shoulder and knee surgery, shoulder and knee reconstruction, shoulder replacement, and robotic partial knee replacement. Beyond his surgical expertise, Dr. Risinger is recognized for taking the time to listen to his patients, clearly explain treatment options, and provide individualized care throughout the recovery process.

In his downtime, he enjoys traveling, hiking with his wife and kids, and keeping up with college football.



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