

Amy Rantala, M.D.

Educational Background:

University of Wyoming, Wyoming - Undergraduate Studies, Zoology 09/1990 - 05/1992

Colorado State University, Fort Collins, Colorado - BS, Biology 08/1992 - 08/1994

University of Minnesota, Duluth - MD 09/1995 - 06/1997

University of Minnesota, Minneapolis - MD 06/25/1997 - 05/25/1999

Franciscan Skemp Medical Center, La Crosse, Wisconsin - Internship 06/1999 - 06/2000

La Crosse-Mayo Family Medicine Residency, La Crosse, Wisconsin - Resident,
Family Practice 06/1999 - 08/2002

University of Chicago/NorthShore, Chicago, Illinois - Fellowship 2020 – 2021

I believe in working together with my patients to maximize their health and physical abilities. Actively listening to patients to hear their story and assist them in meeting their health goals is exceptionally important to me. I have been a family medicine physician for 20+ years prior to returning for training for my sports medicine fellowship. It is an honor to serve the Chippewa Valley in a new way. My sports medicine practice is inclusive of uniformed athletes; athletes just starting their exercise program and trying to make it to the finish line; athletes trying to set a personal record; and active patients pursuing their passions. We all have an athlete in us and exercise is the best medicine.

I am fortunate to be married to my wonderful, supportive husband, Tom. We have three sons and two dogs. As a family, we like to do anything active outside. My personal passions are XC and downhill skiing, as well as biking and running. I am an avid reader and really like to travel and eat good food.