



SCHOOL & SPORTS PHYSICALS 2018

Youth Sports Injury Prevention Clinic for middle school and high school athletes

Thursday, July 19th | 5:30 - 8 PM

Don't wait until the last minute! Complete your sports physical before next school year begins. All proceeds will be donated to local non-profit, Courage League Sports.

TIME: 5:30 - 8 PM

LOCATION: 450 Laurel St. Des Moines, IA

PRICE: \$10/child

PRE-REGISTRATION:

Pre-register and receive a free "swag bag"! <https://sportsphysicals.eventbrite.com>
(walk-ins also welcome)

Parent/Guardian must be present in order to provide consent.



Reassessment of old injuries and advice and information on injury prevention



Individualized program to correct strength, flexibility, and movement imbalances (Optional - \$10 per test)



Thorough musculoskeletal examination



Demonstration of sports medicine products (free samples and products available for purchase)

Questions? Contact Allison at Aklapperich@selectmedical.com or call 515.323.6485

