



Bring this flyer with you to receive \$5.00 off.

# Sports Medicine Team

# SPORTS PHYSICALS

Attendance is open to the public at all locations

All students receiving a physical at any of the locations below **MUST** have a physical card signed by a parent / guardian prior to proceeding with the exam.

Wednesday, June 20, 2018	De La Salle Collegiate HS 14600 Common Rd. – Use Athletic Entrance	4:30-7pm
Monday, July 23, 2018	Sterling Heights HS 12901 15 Mile Rd. – Use Main Entrance (Door 12)	4:30-7 PM
Wednesday, July 25, 2018	Chippewa Valley HS 18300 19 Mile Rd – Use Main Entrance (Door A)	4:30-7 PM
Thursday, July 26, 2018	Eastpointe HS 15501 Couzens Rd. – 9 Mile / Gym Entrance (Door 27)	5:30-7 PM
Monday, July 30, 2018	L’Anse Creuse North HS 23700 21 Mile Rd. – Use Main Entrance (Door 1)	4:30-7 PM
Tuesday, July 31, 2018	Grosse Pointe North HS 707 Vernier Rd – Use Gym Entrance	4:30-7 PM
Wednesday, August 1, 2018	L’Anse Creuse 38495 L’Anse Creuse Rd. – Use Main Entrance (Door 1)	4:30-7 PM
Thursday, August 2, 2018	Grosse Pointe South HS 11 Grosse Pointe Blvd. – Use Main Gym Entrance (Door M)	4:30-7 PM

- ◆ Cost: \$25.00
- ◆ Middle & High school students are welcome.
- ◆ **Functional Assessment Screening includes:**
  - Assessment by licensed health care professionals.
  - Screening to identify areas of opportunity for improved muscle strength, flexibility, balance & coordination, which can improve athletic performance.
  - Written exercises and recommendations to correct problem areas will be available.
  - Licensed Athletic Trainers, Physical Therapists, Registered Nurses, and Physicians will be on-site to answer any questions. Athletic Trainers are also available at your high school.
- ◆ **The St. John Providence Heart and Vascular Mobile Screening Center will be on-site to provide FREE Student Heart Checks.**

Questions: Jacki DuFour (586) 612-7373

## Frequently Asked Questions:

MHSAA physical forms are provided; however, can also be downloaded at [www.mhsaa.com](http://www.mhsaa.com)

- ◆ No appointment is needed
- ◆ Parents are not required to attend; however, encouraged to be present. **If not in attendance a parent signature is required on the physical card and the student heart check form.**
- ◆ Physicals obtained at all the dates provided are valid for the 2018-2019 school year
- ◆ This event is considered an out of pocket expense
- ◆ Cash or Check only
- ◆ Make checks payable to ***St. John Hospital***
- ◆ The Sports Medicine Team does not keep records or copies of completed physicals.
- ◆ *In the event of unforeseen circumstances, St. John Hospital reserves the right to cancel a scheduled event.*