



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

Sports Medicine Team

SPORTS PHYSICALS

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.

Attendance is open to the public at all locations

Wednesday, June 20, 2018 **De La Salle Collegiate HS** **4:30-7pm**
14600 Common Rd. – Use Athletic Entrance

Monday, July 23, 2018 **Sterling Heights HS** **4:30-7 PM**
12901 15 Mile Rd. – Use Main Entrance (Door 12)

Wednesday, July 25, 2018 **Chippewa Valley HS** **4:30-7 PM**
18300 19 Mile Rd – Use Main Entrance (Door A)

Thursday, July 26, 2018 **Eastpointe HS** **5:30-7 PM**
15501 Couzens Rd. – 9 Mile / Gym Entrance (Door 27)

Monday, July 30, 2018 **L’Anse Creuse North HS** **4:30-7 PM**
23700 21 Mile Rd. – Use Main Entrance (Door 1)

Tuesday, July 31, 2018 **Grosse Pointe North HS** **4:30-7 PM**
707 Vernier Rd – Use Gym Entrance

Wednesday, August 1, 2018 **L’Anse Creuse** **4:30-7 PM**
38495 L’Anse Creuse Rd. – Use Main Entrance (Door 1)

Thursday, August 2, 2018 **Grosse Pointe South HS** **4:30-7 PM**
11 Grosse Pointe Blvd. – Use Main Gym Entrance (Door M)

- ◆ **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

- ◆ 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.*