

# Sports Medicine Team

Offers

## SPORTS PHYSICALS & FUNCTIONAL ASSESSMENT SCREENING

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

\*Must be a student with a valid student  
ID of a participating school listed below.

<b>Wednesday, June 8<sup>th</sup>, 2011</b>	<b>Sterling Heights HS</b> 12901 15 Mile Road	<b>6 – 8:30 PM</b>
<b>Monday, August 1<sup>nd</sup>, 2011</b>	<b>L'Anse Creuse North HS</b> 23700 21 Mile Rd.	<b>4:30-7 PM</b>
<b>Wednesday, August 3<sup>th</sup>, 2011</b>	<b>L'Anse Creuse HS</b> 38495 L'Anse Creuse Rd.	<b>4:30-7 PM</b>
<b>Thursday, August 4<sup>th</sup>, 2011</b>	<b>Grosse Pointe South HS</b> 11 Grosse Pointe Blvd.	<b>3:30-7:00 PM</b>
<b>Friday, August 5<sup>th</sup>, 2011</b>	<b>East Detroit HS</b> 15501 Couzens Rd.	<b>4:30-7 PM</b>
<b>To Be Determined</b>	<b>De La Salle</b> 14600 Common	

- **Cost: \$25.00**
- Pay to: **St. John Hospital**
- Middle & High school students are welcome.
- Contact: Maureen Lilla, AT (586) 322-3676.
- **Functional Assessment Screening** includes:
  - Assessment by a health care professional.
  - Screening to identify problems with muscle strength, flexibility, balance or coordination that can decrease athletic performance.
  - Written exercises and recommendations to correct problem areas will be available.
  - Licensed, Certified Athletic Trainers will be available to answer any questions during the day. Many are also available at your high schools.

### Frequently Asked Questions:

- No appointment is needed.
- Parents are not required to attend.
- MHSAA physical forms are provided and can also be downloaded at [www.mhsaa.com](http://www.mhsaa.com).
- This event is considered an out of pocket expense.
- Physicals obtained at all of the dates provided are valid for the 2011-2012 school year.
- Attendance is open to the public at all locations.
- Cash or Check only.

