

# Free School & Sports Physicals

## - Youth Sports Injury Prevention Clinic -

Wednesday, May 13th 2015

5:30 to 8:30 pm

Downtown Iowa Ortho &  
Physiotherapy Associates  
450 Laurel St. Des Moines

Free to all middle and  
high school athletes



All free-will donations will be donated to  
participating schools' athletic programs



Parent/Guardian must be present in order  
to provide consent



- Thorough musculoskeletal examination
- Reassessment of old injuries
- Advice & info on injury prevention
- Hy-Vee Sports Nutrition Booth
- Optional individualized program to correct movement, flexibility & strength imbalances (\$10/test)
- Refreshments

Register by May 1st to Allison at 515-323-6485 or [Allison.Klapperich@physiocorp.com](mailto:Allison.Klapperich@physiocorp.com)

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