

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

Ascension St. John Hospital Sports Physicals

Wednesday June 12, 2019

De La Salle Collegiate HS

10:30-1pm

14600 Common Rd. – Use Main Entrance

- ✓ Must be a De La Salle student to attend this date

Wednesday June 26, 2019

De La Salle Collegiate HS

4:30-7pm

14600 Common Rd. – Use Athletic Entrance

- ✓ Attendance is open to the public for this date

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 2019-2020 school year
- This event is considered an out of pocket expense
- Cash or Check only
- Make checks payable to ***Ascension St. John Hospital***
- The Sports Medicine Team does not keep records or copies of completed physicals.

- **Cost: \$25.00**
- Middle & High school students are welcome to attend.
- **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.



Ascension

Questions: Jacki DuFour (586) 612-7373