



FREE SCHOOL & SPORTS PHYSICALS 2017

Youth Sports Injury Prevention Clinic for middle school and high school athletes

Wednesday / **Thursday**
May 10th / **July 20th**
5:30 - 8 PM / 5:30 - 8 PM

Downtown Iowa Ortho & Physio
450 Laurel St. Des Moines, IA

Don't wait until the last minute! Complete your FREE sports physical before next school year begins. All free-will donations will be donated to participating schools' athletic programs.

Pre-register and receive a free "swag bag"! <https://freesportsphysicals.eventbrite.com>
(walk-ins also welcome)

Parent/Guardian must be present in order to provide consent.



Reassessment of old injuries and advice and information on injury prevention



Individualized program to correct strength, flexibility, and movement imbalances (Optional - \$10 per test)



Thorough musculoskeletal examination



Demonstration of sports medicine products (free samples and products available for purchase)

Questions? Contact Allison at AKlapperich@myphysio.com or call 515.323.6485

