

## Sports Medicine

### 2016 Millard Public Schools (Grades 7-12) Pre-Participation Sports Physicals



#### Physical Evaluation Includes:

Height, Weight, Vision and Blood Pressure  
Musculoskeletal Exams conducted by Physical Therapists and Athletic Trainers  
Pre-Participation physical exams conducted by an Alegent Creighton Clinic Family Physician  
and an Orthopedic Physician

#### Date and Times

**Tuesday, June 14, 2016; 7:00pm-9:00pm**

**Tuesday, July 12, 2016; 7:00pm-9:00pm**

**Tuesday, July 19, 2016; 7:00pm-9:00pm**

(Appointments are every half hour, with 40 athletes maximum per 30 minute time slot)

#### Location

Lakeside Wellness Center/Physical Therapy Clinic  
16940 Lakeside Hills Plaza, Suite 109  
Omaha, NE 68130

\*Parking is available in front of the Wellness Center

#### Cost

**\$20** per athlete.

Cash or check accepted. Money will be collected at check-in.

#### Registration

Online at <https://chihealth.gosignmeup.com/Public/Course/Browse>

Choose "Health and Wellness"

Choose "Sports Physical Millard Public Schools"

**\*Space is limited, and registration is required.**

**\*There are two Pre-Participation Physical Forms found on [www.chihealth.com/sportsphysicals](http://www.chihealth.com/sportsphysicals)  
that must be filled out completely and brought with you to your appointment.**