

SPORTS PHYSICAL INFORMATION SHEET

Crystal Lake Orthopedic Surgery and Sports Medicine (CLOSSM) will be offering athletic physical exams at Prairie Ridge High School for both Prairie Ridge and Crystal Lake Central athletes on Tuesday June 9, 2009 beginning at 5:00pm. A comprehensive sports exam will be performed utilizing specialists in Internal Medicine, Orthopedic Surgery and Sports Medicine, Sports Physical Therapy, and Athletic Training. The exam will include flexibility evaluations, medical and orthopedic evaluation, review of past injuries with recommendations for *care*, and an Anterior Cruciate Ligament evaluation to identify athletes who may be susceptible to cruciate ligament injuries. This evaluation will include a "Drop Jump Test", so please have your athlete(s) dress appropriately.

COST: \$35. (Make checks payable to CLOSSM)

WHERE: Prairie Ridge High School Gymnasium

DATE: Tuesday June 9, 2009

TIME: Seniors 5:00pm
Juniors 5:45pm
Sophomores 6:00pm

DRESS: T-shirt, shorts, and athletic shoes

- Please fill out the Medical History and Consent forms in the information packets
- You must bring these completed forms along with \$35.00 (checks made payable to *CLOSSM*) at the time of the physical
- For more information contact Tricia Schank at Prairie Ridge High School (815 479-0404 ext. 137) or Gino Lech at Crystal Lake Central (815 459-2505 ext. 268) or stop by the athletic training room(s) to pick up a packet.