

Team Rehab / Ascension St. John Hospital Sports Physicals

Wednesday June 12th, 2024 - De La Salle Collegiate High School (4:30pm - 7pm)

14600 Common Road - Use Athletic Entrance

APPOINTMENTS NEEDED FOR THIS DATE - <https://tinyurl.com/DLSSportsPhysicalsJune12th>

Tuesday June 18th, 2024 - Cousino High School (4:30pm - 7pm)

30333 Hoover Road - Use Athletic Entrance

APPOINTMENTS NEEDED FOR THIS DATE - <https://tinyurl.com/WCSSportsPhysicalsJune18th>

Thursday June 20th, 2024 - Regina High School (4:30pm - 7pm)

13900 Masonic Blvd - Use Gym Entrance

APPOINTMENTS NEEDED FOR THIS DATE - <https://tinyurl.com/ReginaSportsPhysicalsJune20th>

Any Questions - Please contact Jacki DuFour (248) 230-8132

Cost - \$25.00

Frequently Asked Questions

- ★ MHSAA physical forms will be provided; however they can also be downloaded at www.mhsaa.com
- ★ A parent is not required to attend...however there MUST be a valid parent's signature on the physical form prior to proceeding with the exam
- ★ Physicals obtained at these dates will be valid for the 2024 - 2025 school year
- ★ Cash or Check ONLY. Please make checks payable to Team Rehabilitation
 - This event is considered an out of pocket expense.
- ★ Licensed Athletic Trainers, Physical Therapists, Registered Nurses and Physicians will be on-site to answer any questions
- ★ Middle and High School students are welcome to attend. Attendance is open to the public

Functional Assessment Screening Includes

- ★ Assessment by licensed healthcare professionals
- ★ Screening to identify areas to improve muscle strength, flexibility, balance, and coordination which can improve athletic performance
- ★ Written exercises and recommendations to correct problem areas will be provide

TEAM REHAB / ASCENSION ST. JOHN MAY ALTER OR CANCEL AN EVENT IF NEEDED