

## SPORTS PHYSICAL INFORMATION SHEET

Crystal Lake Orthopaedic Surgery and Sports Medicine (**CLOSSM**) will be offering athletic physical exams at Prairie Ridge High School on Thursday, June 5 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 evaluation, Medical and Orthopaedic evaluation, review of past injuries and 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:           \$35.00 (Make checks payable to CLOSSM)

WHERE:       **Prairie Ridge High School Gymnasium**

DATE:         **Thursday, June 5, 2008**

TIME:         Seniors                 5:00pm  
                  Juniors                 5:45pm  
                  Sophomores             6:15pm

DRESS:       **T-shirt, shorts, and athletic shoes**

- Please fill out the Medical History and Consent forms in the information packets. (Parents do not need to be present as long as consent form is completed)
- 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 Mary Leafblad at PRHS (815 479-0404 ext 137) or Gino Lech at CLC (815 459-2505 ext 268).
- Athletes may stop by their respective athletic training room to pick up a packet.