



2019 SPORTS INJURY CLINICS

****FREE ON SATURDAY MORNINGS & TUES/THUR AFTERNOONS****

WHO: ALL **SUHSD** Student Athletes
COST: **FREE**
WHEN: Saturday Mornings at **8:00 AM** & Tues/Thurs Afternoons at **3:00 PM****

FALL DATES 2019:

SATURDAYS at 8:00 AM:

August 24th, 31st
September 7th, 14th, 21st, 28th
October 5th, 12th, 19th, 26th
November 2nd, 9th, 16th

WHERE:

Manual Orthopedic Physical Therapy (*Eastlake Clinic*)

ADDRESS:

**955 Lane Ave, STE 201
Chula Vista 91914**

**Call for information:
619-421-9521**

Directions: The Eastlake facility is located at The Doctor's Park on the corner of Otay Lakes Road and

TUESDAYS & THURSDAYS at 3:00 PM:**

September 3rd, 5th, 10th, 12th, 17th, 19th
October 15th, 17th, 22nd, 24th, 29th, 31st
November 5th, 7th, 12th, 14th, 19th, 21st
December 3rd, 5th, 10th, 12th

WHERE:

SUHSD Sports Injury Clinic & Wellness Center

ADDRESS:

670 L Street, Suite G, Chula Vista 91911

****BY ONLINE APPOINTMENT ONLY****

See your Coach, Athletic Trainer or School Nurse at your school site to set-up sports injury clinic appointment.

Directions: SUHSD's Sports Injury Clinic & Wellness Center is located on L street in the building east of the Harbor Freight store. Parking on side of building. Entrance on west side of the building.

****IMPORTANT****

- Bring **Completed** Referral FORM with you! (*On reverse side*)
- Please note, **NO CONCUSSION** injuries will be seen at these sports injury clinics!

*The Sports Injury Clinics are underwritten and financed by **SWSWF**. The Southwest Sports Wellness Foundation (**SWSWF**) was established in 2010 to fill a need in the under-served areas of the San Diego community by underwriting high school sports screenings, assessments, and evaluations. These various programs provide free high school sports injury clinics, access to educating physicians, physical therapists and certified athletic trainers, and provide curriculum for students with an interest in sports medicine and field of healthcare. **SWSWF** supports the specialized sports medicine injury assessment. Independent medical professionals assist in the evaluation and treatment plan for the injured student-athletes. The goal is to return the athlete to sports safely and in a timely manner. Learn more at: www.swswf.org.*