

SPORTS PHYSICALS FOR ALL SCHOOL ACTIVITIES



The specialists at Houston Methodist Orthopedics & Sports Medicine will be providing sports physicals.

Physical cost – \$20

Klein Independent School District School Physicals

- **KLEIN COLLINS HIGH SCHOOL**
Tuesday, April 4
1:30-5:30 p.m.
- **KLEIN OAK HIGH SCHOOL**
Thursday, April 13
1:30-5:30 p.m.
- **KLEIN HIGH SCHOOL**
Tuesday, April 11
1:30-5:30 p.m.
- **KLEIN FOREST HIGH SCHOOL**
Thursday, May 25
1:30-5:30 p.m.

For more information, please call **281.737.2120**.

DON'T FORGET:

- Wear light comfortable clothing
- Bring glasses or wear contacts, if you have corrected vision
- Please bring your school physical form with medical history completed
- Please bring signed physical consent form
- No appointment necessary





STRENGTH AND CONDITIONING/ INJURY RISK ASSESSMENTS

The Sports Performance team from Houston Methodist Orthopedics & Sports Medicine will be offering strength and conditioning/injury risk assessments by appointment to all athletes ages 14-18 at each high school in the Klein Independent School District during the sports physicals.

Individual functional assessments will be scheduled **by appointment only** and cost \$20.

The assessments will identify current risk of injury and areas of focus during strength and conditioning to lower risk of injury and improve individual performance.

To schedule an appointment, please call Paula Douglas, sports performance coordinator, at **281.737.0466**.

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