

NOW IS THE TIME!

FIND YOUR FORM, GET BACK IN THE GAME!

Don't let the negative effects of prolonged inactivity (loss of strength, power, flexibility, agility, endurance and balance) put a premature end to your athlete's long-awaited sports season! Let our extraordinary team of Sports Medicine Physicians, Physical Therapists and Trainers evaluate your athlete and to develop a personalized return-to-sport plan.

What: Free sports screen, FMS test, 1:1 injury consultation with a Physician

When: Saturday, November 7th, appointments every 1/2 hour from 8am-6pm

Where: Outpatient Physical Therapy in Maple Valley. 26837 Maple Valley-Black Diamond Rd. SE, Maple Valley, WA 98038



*Howie Humbyrd
Sports Performance Specialist,
LAT/ATC, CSCS*

Register at: www.outpatientpt.com/sports-performance

Questions: optmarketing@outpatientpt.com

****We can accommodate up to 8 students at a time, so come with teammates and friends. Masks will be required for participation.*

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