

# High School Physicals

**When:** Saturday, May 5

**8 am until Noon**

**Where:** Tri-State

**Orthopaedic Surgeons on Crosslake Dr. (by 164 and the Lloyd Expressway). Near Town and Country Ford**

**Cost:** \$ 15 All of the money is returned to the participating schools

**All participants get t-shirts from ProRehab and TSOS**

**Featuring Performance Screening that will help athletes perform at their optimal level.**

**Check out the Nike Pro Training Camp Video on You Tube**

**FMS** (Functional Movement Screen)

**Y-Balance Test**

