



## 2010 Millard Public Schools Pre-Participation Sports Physicals

### Sponsored By:

Alegent Health Sports Medicine  
Alegent Health Outpatient Rehab Services  
Alegent Health Clinic

### Physical Evaluation Includes:

- Height, Weight, Vision, Blood Pressure conducted by Alegent Health Athletic Trainers
- Musculoskeletal Exams conducted by Physical Therapists and Athletic Trainers
  - Pre-Participation physical exams conducted by an Alegent Health Clinic Family Physician

### Date and Times

**Saturday, July 10, 2010 9:00am-12:00pm**

**Thursday, July 22, 2010 7:00pm-9:00pm**

**Thursday, July 29, 2010 7:00pm-9:00pm**

(Appointments are every half hour, with 30 athletes maximum per 30 minute time slot)

### Location

Lakeside Wellness Center/Physical Therapy Clinic  
16940 Lakeside Hills Plaza, Suite 109  
Omaha, NE 68130

\*\*Parking is available in front of the Wellness Center

### Cost

\$20 per athlete, Cash or Check accepted (Money collected at check-in)

### Registration

1. Online at [www.alegent.com/millard2010](http://www.alegent.com/millard2010)
2. By phone at 1-800-ALEAGENT (1-800-253-4368)

**Registration Code: "MPS2010"**

**(You MUST use this code when registering by phone)**

**\*There are two Pre-Participation Physical Forms (found on the registration website) that must be filled out completely and brought with you to your examination time**

Registration will close on Friday, July 9th at 2:00pm (for Saturday, July 10<sup>th</sup> physicals), and at 3:00pm for Thursday the 22<sup>nd</sup> and 29th physicals.

For additional information, please visit our website  
at [www.alegent.com/millard2010](http://www.alegent.com/millard2010)

 **Alegent Health**  
This is your healthcare

**1-800-ALEAGENT**

**1-800-253-4368**

**[Alegent.com/sportsmedicine](http://Alegent.com/sportsmedicine)**