



2020 SPORTS INJURY CLINICS

****FREE TUESDAY & THURSDAY AFTERNOONS****

WHO: ALL **SUHSD** Student Athletes
COST: **FREE**
WHEN: Tuesday & Thursday Afternoons at **3:00 PM**BY APPT ONLY**

WINTER / SPRING DATES 2020:

TUESDAYS 2020 at 3:00 PM: **

January 21st, 28th

February 4th, 11th, 18th, 25th

March 3rd, 10th, 17th

April 7th, 14th, 21st, 28th

May 5th, 12th, 19th

THURSDAYS 2020 at 3:00 PM: **

January 16th, 23rd, 30th

February 6th, 13th, 20th, 27th

March 5th, 12th, 19th

April 9th, 16th, 23rd, 30th

May 7th, 14th, 21st

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.*

SPORTS INJURY CLINICS

Student-Athlete REFERRAL FORM

Student-Athlete Name: _____ Grade: _____

School: _____ Date of Injury: _____

Sport: _____ Injury: _____

Parent/Guardian Signature

Date

Contact Number

Referring Medical Professional

Mechanism of Injury: _____

Working Dx: _____

Athletic Trainer Name: _____

Contact Number: _____

Driving Directions

SATURDAYS 2020 at 8:00 AM: (FALL ONLY)

Manual Orthopedic Physical Therapy

Eastlake facility is located in the The Doctor's Park at **955 Lane Avenue, Suite 201**.

From 805N or 805S - Exit Telegraph Canyon Rd.

Go East onto Telegraph Canyon Rd.

Telegraph Canyon Rd turns onto Otay Lakes Rd.

Turn left onto Lane Ave. Clinic is on the Right.

From 125N or 125S - Exit Otay lakes Rd. Go East on

Otay Lakes Rd. Turn Left on Lane Ave. Clinic is on Right.

****More info please call (619) 421-9521****



955 Lane Ave #201
Chula Vista, CA 91914

TUESDAY & THURSDAY 2020 at 3:00 PM: **

SUHS Sports Injury Clinic & Wellness Center is located at **670 L Street, Suite G, Chula Vista, CA 91911** in the building east of the NAPA Auto Parts store. Parking lot in front of building.

The clinic is in Suite G in the **SUHS Athletics and Compliance Building** between Industrial Blvd and Broadway on the south side of L Street.

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

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



670 L St Suite G
Chula Vista, CA 91911