



## 2019 SPORTS INJURY CLINICS

**\*\*FREE ON SATURDAY MORNINGS & TUES/THUR AFTERNOONS\*\***

WHO: ALL SUHSD Student Athletes  
COST: **FREE**  
WHEN: Saturday Mornings at **8:00 AM** & Tues/Thurs Afternoons at **3:00 PM\*\***

### FALL DATES 2019:

#### SATURDAYS at 8:00 AM:

August 24<sup>th</sup>, 31<sup>st</sup>

September 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

October 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

November 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>

WHERE:

**Manual Orthopedic Physical Therapy (Eastlake Clinic)**

ADDRESS:

**955 Lane Ave, STE 201  
Chula Vista 91914**

**Call for information:  
619-421-9521**

**Directions:** The Eastlake facility is located at The Doctor's Park on the corner of Otay Lakes Road and Lane Avenue.

#### TUESDAYS & THURSDAYS at 3:00 PM\*\*:

September 3<sup>rd</sup>, 5<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup>, 17<sup>th</sup>, 19<sup>th</sup>

October 15<sup>th</sup>, 17<sup>th</sup>, 22<sup>nd</sup>, 24<sup>th</sup>, 29<sup>th</sup>, 31<sup>st</sup>

November 5<sup>th</sup>, 7<sup>th</sup>, 12<sup>th</sup>, 14<sup>th</sup>, 19<sup>th</sup>, 21<sup>st</sup>

December 3<sup>rd</sup>, 5<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup>

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](http://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 2019 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 Otoy Lakes Rd.

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

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

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

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



955 Lane Ave #201

**TUESDAY & THURSDAY 2019 at 3:00 PM: \*\***

**SUHSD Sports Injury Clinic & Wellness**

**Center** (New Location) 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 **SUHSD 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