BASEBALL INJURY PREVENTION SCREENING AND RESEARCH STUDY

Who: All baseball players ages 12-22.
What: Comprehensive Injury Prevention Screening and Research Study designed specifically for the amateur level baseball player.
When: Saturday, January 13th 2017 from 9:00am-11:30am.
Where: Abbott Northwestern Center for Outpatient Care
4100 West 78th Street #230
Edina, MN 55439
Why: To allow all baseball players the opportunity to participate in an injury prevention screening and research study.
Cost: There is no fee for athletes to participate.

The screening is part of a research study being conducted to evaluate overhead athletes and determine if they have deficiencies that need to be addressed prior to the season and develop a database for potential studies to evaluate contributing factors of shoulder and elbow injuries. Participation in this study is completely voluntary and athletes can participate in the screening examination without having data collected for the study.

In a one-hour comprehensive screening, athletes will be provided the following:

1. Appointment with Fellowship-Trained Shoulder and Elbow Specialist or Sports Medicine Physician.
2. Physical Therapist-guided exercise program designed specifically to decrease injury rates.
3. Core/ balance testing and exercise instruction with Certified Athletic Trainers.
4. Folder to take home with all information obtained during the appointment.

To schedule your screening, log on to https://doodle.com/poll/vr7yz88g7thiwuyq
Appointment times are limited and will be available on a first-come, first-served basis. For more information or for any questions, contact Jill Michel by email at jill.michel@allina.com.

www.sportsandortho.com