

FOR IMMEDIATE RELEASE

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**Lemak Sports Medicine to Provide Local Athletes Free Sports Physicals**

*Over a 1,000 student athletes will receive free pre-participation physical examinations*

**BIRMINGHAM, Alabama** – (March 5, 2014) – Lemak Sports Medicine announced today that it will provide just over 1,000 student athletes a free pre-participation physical examination this Friday at the Gardendale Civic Center.

Dr. Larry Lemak and his highly trained staff of medical experts will perform comprehensive head-to-toe physical examinations including assessments in medical history, orthopedic health, vision, height, weight, blood pressure, heart/lungs as well as a complete concussion baseline assessment. Lemak Sports Medicine is utilizing a new electronic database that will accommodate a more efficient and faster process to get athletes and coaches in and out the door as quickly as possible.

The physicals provided by Lemak Sports Medicine meet the Alabama High School Athletic Association's (AHSAA) requirements that mandate student athletes receive a sports physical prior to participating in any athletic activities.

“The AHSAA is extremely appreciative of the contributions made by Dr. Lemak and the Medical Advisory Committee,” said Coach Steve Savarese, Executive Director of the AHSAA. “They created our comprehensive pre-participation physical form which is used by all our student-athletes for the last two decades, and they have continued to look at ways to improve it when necessary. Their attention to detail and commitment to health and safety has made participation in sports in our state as safe as it has ever been. The pre-participation physical form and the concussion history form are essential to the health and safety of our student-athletes and we can't thank Dr. Lemak and the Medical Advisory Committee enough.”

If an injury or condition is discovered during the evaluations, the athlete may undergo a round of diagnostic imaging to further diagnose their condition. This information will be available to both parents and physicians upon completion of the physical evaluation. Once a diagnosis is made, the athlete may be referred to a physician for further evaluations to assess the need for any rehabilitation and/or surgery.

Participating schools include Gardendale High School, Bragg Middle School, Fultondale High School, Hueytown High School, Centerpoint High School, Clay-Chalkville Middle and High School, and Leeds High School. Additionally, Lemak Sports Medicine will also be providing physicals to an additional 4,000+ student athletes in the next few weeks. To date, Lemak has provided roughly 30,000 physicals to student athletes across the State of Alabama.

For more information about Lemak Sports Medicine, visit [www.LemakSports.com](http://www.LemakSports.com) or call 866.252.3618.

**About Lemak Sports Medicine**

Lemak Sports Medicine is committed to providing its patients with unsurpassed care as quickly as possible. As a leader in sports medicine and orthopedics, Lemak Sports Medicine focuses on redefining health and wellness for athletes, active professionals, and youth.

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