



FOR IMMEDIATE RELEASE

Lemak Sports Medicine Performed Over 3,500 Athletic Physicals This Weekend

Free pre-participation physical exams were given to local middle and high school athletes

Birmingham, AL (April 26, 2012) – Lemak Sports Medicine & Orthopedics had a remarkable turnout this past weekend for its annual mass athletic physical exams. Dr. Larry Lemak and his highly trained staff of medical experts, along with students in the nursing programs of Jeff State Community College and Virginia College, performed over 3,500 pre-participation physical exams to 30 middle and high schools.

Lemak's staff performed a complete head-to-toe physical routine evaluation which included medical history assessment; orthopedic evaluation; vision, height and weight checks; blood pressure evaluations; and heart/lung assessments.

When asked about his experience, Oak Mountain High School Athletic Director David Hogue said, "Oak Mountain High School is grateful for the opportunity to participate in the athletic Physical Day put on by Lemak Sports Medicine. We were able to get over 200 of our athletes seen by a vast array of medical staff and doctors, who provided comprehensive examinations in a short amount of time. This can be a stressful day for an athletic department, but due to the hard work and resources provided by the Lemak staff, our time at Physical Day was smooth and stress free."

"The AHSAA requires all athletes who participate in any sporting events to have a physical each year and this service creates a system to keep all physicals due on the same month of that particular year," added Jemison High head volleyball coach Leighsa Robinson. "Due to the amount staff on site, we were able to send about 200 athletes through the entire process in about 50 minutes. We are very fortunate to have Lemak Sports Medicine and we appreciate everything they do for our athletes and our community."

The following schools participated in this year's mass physical two-day event: Columbiana Middle, Verbena High, Oak Mountain High, Chelsea High, Irondale Middle, Shades Valley High, Carver High, Thorsby High, Hueytown High, Shelby County High, Isabella High, Jemison Middle, Clay Chalkville Middle and High, Cleveland High, Maplesville High, Thompson High, Jemison High, Montevallo Middle, Fairfield High, Center Point High, Fultondale High, Hope Christian Academy, Pell City, Southeastern High, Moody High, Hewitt-Trussville Middle and High, and Appalachian High.

For more information about Lemak Sports Medicine, call 866.252.3618 or visit www.lemaksports.com.

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

Contact Information:

Jenna Beach, Marketing and Public Relations Specialist
2316 First Avenue South | Birmingham, AL 35233
Phone: 205.329.7528 | Mobile: 205.332.4528
jbeach@sportssafety.org | www.LemakSports.com

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