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Lemak Sports Medicine to Provide Student Athletes Free Sports Physicals

3,200 middle and high school athletes to receive free pre-participation physical examinations

BIRMINGHAM, Alabama – (March 20, 2014) – Lemak Sports Medicine announced today that it will provide Shelby, Jefferson, Chilton and Dallas county middle and high school athletes free pre-participation physical examinations this Friday at the Shelby County Instructional Services building (former Thompson Middle School).

Dr. Larry Lemak and his highly skilled team 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 thorough concussion baseline assessment. Lemak Sports Medicine has recently implemented an electronic database that accommodates a more efficient and faster process to get athletes and coaches in and out the door in a timely manner.

The physicals provided 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."

Currently, the organization has 3,200 athletes pre-registered. Participating schools include Thompson HS, Thompson MS, Oak Mountain HS, Oak Mountain MS, Chelsea HS, Chelsea MS, Appalachian HS, Leeds MS, Montevallo HS, Jemison HS, Shelby County HS, Vincent HS, Hueytown HS, Verbena HS, Montevallo MS, Helena MS, Irondale MS, Isabella HS, Maplesville HS, Kingwood Christian Academy, Helena MS, Jemison MS, Dallas County HS, Calera HS, and Hope Christian School.

To date, Lemak has provided approximately 31,500 physicals to student athletes across the State of Alabama.

For more information about Lemak Sports Medicine, visit 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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