



IRON COURTS
TRAIN. RECOVER. PERFORM. _____

Iron Courts Sports Physicals (\$25)

Come to a Sports Physical Day or Call to make an appointment for any other day! (Walk-ins Welcomed)

**Upcoming EVAC Sports Physical Days (*East Valley Athletes for Christ Fundraiser)
Thursday and Friday Sept 7th and 8th from 3pm to 6pm**

IRON COURTS

At Iron Courts we believe in cultivating student athletes so they can Train, Recover, and Perform. One of our pillars for athletic excellence is injury prevention education and injury prevention training. The first step in this process is to ensure that all our athletes are *safe to play*. **Arizona state law requires that all students receive a physical examination before engaging in school athletic activities.** A sports physical focuses on your well-being as it relates to playing sports. It is an effective technique for keeping kids safe while they enjoy sports and can help minimize injury.

Iron Courts is a state-of-the-art sports training facility with services dedicated to the success of your athlete. Why go anywhere else to receive your Sports Physical?

What happens during a Physical Exam?

At Iron Courts, we have dedicated team of clinicians that have experience with athletes and will work hard to provide efficient and thorough care. In addition, we educate athletes on safe ways to avoid heat exhaustion and the importance of hydration and nutrition. During a sports physical, a healthcare professional will ask about your health history, your athletic experience, and your family's medical history. They will also conduct a physical exam. They may check your abdomen, lungs, heart, genitals, vision, height, weight, bone structure, and musculature. If there are no abnormal findings, you will be cleared to participate in a sport.

Sports Physicals for Only \$25

(East Valley Athletes for Christ Fundraiser on Sports Physical Days Only)

*Offer valid for students in grades K-12. A parent or legal guardian must accompany all students under the age of 18 for sports physicals. EKG is not included as part of the discounted sports physical exam.

**A Sports Physical does not replace your annual exam and vaccinations provided by your pediatrician or family physician.

***Iron Courts providers also perform return to sports testing for athletes of all ages.

****East Valley Athletes for Christ will get \$5 for every Physical done for an EVAC student on an EVAC Sports Physical Day!

**Call today!
(480) 566-0136**