

# HEALTH CHECK CHALLENGE

Robert Horry Sports Medicine  
at St. Joseph Medical Center

A STEWARD FAMILY HOSPITAL

Steward

**CONCEPT:** Robert Horry Sports Medicine at St. Joseph will host high school boys and girls basketball players for a free injury screen and health check to kick off the 2018 Summer AAU Basketball season

Student athletes, your body is a precious gem and you should treat it like it's your source of transportation. What happens to our vehicles? We put a lot of wear and tear on them and in order for them to continue to get us to where we need to go we have to maintain them. Well, an athletes body is no different. With the riggers of daily activities, workouts, practices and games your body needs to be well equipped to handle the daily stresses. It's very important maintain your body with proper diets and nutrition, strength and conditioning, rest and recovery time if there's an injury.

It's a never ending grind for athletes who are trying to get to the next level. Whether that's trying to make your JV team at your middle school, your varsity team at your high school, move from the 6th or 7th man on the team to top five or trying to put yourself in position to get an opportunity to play at the next level on a college campus. A nagging injury can keep you sidelined and often delay you from competing and in some cases keep you from competing at all. For a lot of coaches, "Availability is the best Ability ". Seven time NBA Champion Robert Horry understands and know the the value of a healthy body.

So here's what he's offering:

Saturday May 12th from 9am to 1pm

St. Joseph Hospital Downtown

Robert Horry Sports Medicine

1401 St Joseph Parkway Houston, Texas 77002

will be offering a "FREE INJURY CLINIC" and "HEALTH FAIR". So, if you have a nagging injury, suffering from aches and pains or not sure if you have an injury or not. This is the place to be.

## WHAT TO EXPECT:

INJURY SCREENING

NUTRITIONAL TIPS

INJURY PREVENTION

BLOOD PRESSURE CHECK

CHOLESTEROL CHECK

FREE VALET PARKING

There will be a variety of orthopedic physicians, physical therapists, athletic trainers, nurses and other healthcare professionals on hand.

THE AAU ORGANIZATION THAT HAS THE MOST PARTICIPANTS WILL RECEIVE ONE ENTRY FEE into ONE LIVE EVENT NOT TO EXCEED \$1000.

WE HAVE A SPECIAL OFFER FOR THE PARENTS OF THE ORGANIZATION THAT HAS THE MOST PARENTS IN ATTENDANCE. THAT WILL BE ANNOUNCED ON THE CHOP SHOP

**FOR REGISTRATION VISIT EVENTBRITE**

**<https://www.eventbrite.com/e/health-check-challenge-tickets-45082703580>**

**FOR MORE INFORMATION PLEASE CONTACT: MICHAEL SMITH 832.517.6206  
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