



## Help for Teen Athletes at Sports Clinic: Get In Shape, Learn How to Prevent Injury

**Date: Monday, Aug. 31**

**Time: 6–8 pm**

**Location: Amherst Regional High School Gymnasium**

Cooley Dickinson Hospital Rehab staff will perform pre-season injury screening and sport-specific testing for athletes in grades 9 through 12.

Teens benefit from 7 testing stations that are staffed by physical and occupational therapists. By completing each station, therapists will assess students' flexibility, core strength, shoulder strength and stability, knee and ankle stability, agility, and jump height.

In addition, students receive instant feedback from the therapists, who complete forms that highlight any areas of concern. Students also receive educational instruction, tips, and exercise handouts to help them prepare for the fall sports season.

A signed liability waiver is required for participation; waivers will be available at the event.

For more information, please contact Andrea Doubleday, Assistant Director of Rehab Services, Cooley Dickinson Hospital, at 413-582-4992 or at [andrea\\_doubleday@cooley-dickinson.org](mailto:andrea_doubleday@cooley-dickinson.org).