

## convenient physicals for a season of fun.



**A sports physical\* is an important first step toward preparing your child for a safe and healthy sports season, camp experience, or school year. Open 8 to 8 every day with no appointment necessary, MedExpress is a convenient way to help get your kids ready for their next adventure.**

### HERE ARE A FEW TIPS TO KEEP YOUR ADVENTURE GOING STRONG:

- Stretch before and after activity, and wear comfortable shoes to help prevent sprains.
- A healthy diet and plenty of rest are particularly important for young athletes to help keep them at their best.
- Promote a variety of physical activities to use different muscle groups and prevent repetitive motion injuries.
- Drink lots of water and try to limit time in direct sunlight whenever possible to prevent heat-related injuries.

### and if an injury does occur, our full medical team is ready to help your child feel better quickly.

- Breaks, sprains, and dislocations
- Cuts, scrapes, and wounds
- Burns, rashes, and skin conditions
- Breathing treatments and IV fluids
- On-site labs and X-rays



**your neighborhood MedExpress**

**LOMBARD**

601 E. Roosevelt Rd.  
Opposite Firestone

[medexpress.com](http://medexpress.com)



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Ages 6 and up. Some restrictions apply. Price and availability subject to change.