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Memorial's SportsCare to Offer Saturday-Morning Injury Clinics

SPRINGFIELD – Memorial's [SportsCare](#) will offer Saturday-morning injury clinics during the regular football season for area athletes from Aug. 28 through Oct. 23.

The clinics open at 8:30 a.m. each Saturday and will be held at SportsCare's location in the Koke Mill Medical Center, 3132 Old Jacksonville Road, at the intersection of Old Jacksonville and Koke Mill roads. The injury clinics will be staffed by one of SportsCare's [three sports medicine orthopedic surgeons](#), Dr. Daniel Adair, Dr. Rodney Herrin and Dr. Brett Wolters, and one of SportsCare's certified athletic trainers.

"Sports and recreation activities are an important part of a physically active lifestyle for teenagers, unfortunately injuries come with the territory," Devin S. Spears, SportsCare's lead athletic trainer, said. "Sprains and strains can occur during a Friday night game, and our physicians will be on hand during the season to help these young athletes get back to competition as quickly and safely as possible."

The surgeons will see both walk-ins and scheduled appointments. The phone number is (217) 862-0444.

Spears also offered some suggestions for parents to help their high-school athletes reduce the chance of sustaining injuries during the football season.

"Warm-up is a vital part of any physical activity; a warm muscle will function better and be less prone to injury than just jumping onto the field and trying to perform," Spears said. "A few minutes of stretching before and after exercise are a great way to prevent overuse injuries and can reduce the morning-after soreness that occurs from practice or games."

“Make sure your athlete has the proper gear and that it fits securely. If equipment fits poorly or is not worn correctly, it may not offer proper protection,” he said. “Teens should practice their skills so they learn the proper techniques. Knowing the correct movement and alignment can help prevent injuries and allow you to play on.”

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