



Sports Injury Walk-In Clinic

ANKENY PHYSICAL AND SPORTS THERAPY is proud to be the exclusive Sports Medicine Team for all Ankeny High School Athletics Programs. As an extension of this outreach service, our team of physical therapists offers free sports injury consultations at multiple locations in Ankeny throughout the year. Other than your physician, licensed physical therapists are the only sports medicine specialists licensed to independently evaluate and treat sports injuries.

When an Injury Occurs:

1. VISIT US AT:

- Our main location, Ankeny Physical and Sports Therapy at 301 N. Ankeny Blvd., Ste. #200 (across from Hy-Vee)
- Ankeny High School from 3:30pm to 4:30pm each day while school is in session for athletes grades 9-12.
- Ankeny Junior Football athletes visit us near the football equipment shed at Prairie Ridge Sports Complex Sundays during the season.

2. Free injury consultations will be performed by our sports medicine staff and include initial assessment, education about the injury, and recommendations for appropriate care to ensure a complete and safe return-to-play.
3. If referral to an orthopedic or family physician is deemed necessary, we will help coordinate this appointment with your preferred provider or recommend a specialist for your specific injury. Follow-up physical therapy appointments, special bracing, or other supplies will be charged through your insurance or collected over-the-counter.

Ankeny Physical & Sports Therapy

301 N. Ankeny Blvd, #200 • Ankeny, Iowa 50023 *(Across from Hy-Vee)*

Phone: 515-965-1422

www.ankenyppt.com

Walk-in Hours: Monday - Friday 9:00am to 12:00pm

NO REFERRAL OR APPOINTMENT NEEDED.



AHS SPORTS MEDICINE TEAM