



# Mercy Pre-Participation Physical Night

Hosted by: Pacific TherX Physical Therapy and Sports Medicine

Date and Time: May 23, 2017 5:00pm to 7:00pm

Location: Mercy Grasilli Center

Cost: \$20- Cash or check

\*Please RSVP with Mercy Athletic Director Charlie Dougherty by calling (650)762-1107 or by email at [cdougherty@mercyhsb.com](mailto:cdougherty@mercyhsb.com)

## **Not Your Average Doctor's Visit**

What sets our pre-participation physical examinations apart from your average doctors visit is our ability to not only clear the athlete for sport participation but assess the athlete's risk of injury. The information gathered from the injury risk assessment is an integral part of our strength and conditioning program. We hope to decrease the occurrence of injuries through Move2Perform by specializing each team's workouts to target any deficiencies we may find.



## **Dr. Neal Berger, Mercy's Team Physician**

Dr. Neal Berger is an orthopedic surgeon for SOAR (Sports Orthopedic and Rehabilitation Medicine Associates), specializing in treating sports injuries and degenerative conditions of the knee, hip, and shoulder. Dr. Berger received his medical degree from UC-Davis and completed his orthopedic surgery residency at UCLA. He then did a sports medicine fellowship with SOAR where he worked as an assistant team physician for the San Francisco Giants. He is currently the team physician for Mercy and Santa Clara University.

## **Move2Perform**

Move2Perform is a movement measurement and analysis tool that identifies deficits and risk of injury. The system has been studied with overwhelmingly positive results and has been adopted by the US military and college/pro sports teams. The information gathered from the Y-Balance and Functional Movement Screening will help the staff of Pacific TherX to create a strength and conditioning program geared towards injury prevention. The tests will also serve as a baseline for return to play decisions after an injury. For more information, visit [move2perform.com](http://move2perform.com).

