



Dear Parents/Guardians,

I wanted to inform you of the partnership that 21st Century Rehab has with Des Moines Christian Athletics. This partnership provides your athlete with the best medical coverage during the school year, so they can compete safely at their highest level. Again this year we will be teaming up with DMCS Athletics on the field to provide sideline coverage for Lion events and also continue providing injury screens to injured athletes during the week.

For the past 5 years 21st Century Rehab has provided sideline coverage for football, volleyball and basketball. In addition, I have been coming to the school for injury screens for the other sports during the school year. New this year is the opportunity for all DMCS students, faculty, and parents to take advantage of complimentary injury screens, not just athletes. If we are unable to get a time setup at the school and you would like to be seen at a different time or would like to accompany your child for their screen please don't hesitate to call our clinic at 986-9667 to set up a convenient time to be assessed.

If your student is screened at school or the clinic your student will be given a form with our contact information and our assessment of their injury. These recommendations could range from some simple exercises, rest, ice, a referral to your primary physician or physical therapy to speed up the healing process. In all cases we will make recommendations to the coaching staff about practice participation and as well as game availability.

Acute injuries that happen during games or aggravation of previous injuries will be assessed and dealt with in an appropriate manner. This could range from re-taping an athlete to withholding the athlete from competition. All decisions will be made in the best interest of the athlete. If at any time you have a question about your athlete during the game you are welcome to find us before, after the game, or at halftime. If an injury is deemed severe enough we will ask appropriate staff to contact you.

21st Century Rehab is proud to continue this partnership with DMCS and looks forward to the up coming school year. We are excited to support another great year in DMCS Athletics. Go Lions!

Sincerely,

Marc Vander Velden, DPT

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