

## About HCAVa Sports Medicine:

For any sport, any age, any skill level we have a program. We're active in youth and recreational leagues, both regionally and nationally, and we provide practice, game and rehab services for high schools throughout Virginia. We have programs for every sport including:

- Board Certified Sports Medicine Physicians
- Fully staffed Physical Therapy clinic
- Runner gait analysis and orthotics
- Core stabilization/back strengthening
- Athletics/sports physicals
- Athletic event coverage
- Athletic Development
- Certified Athletic Trainer services
- Saturday Morning Injury Assessment Clinics
- Women's Sports Medicine

HCAVa Sports Medicine,  
serving patients at three locations:

- **Chippenham Office:**

1115 Boulders Parkway, Suite 110  
Richmond VA 23225  
(804) 560 - 6500

- **Commonwealth Centre Office:**

(Next to Commonwealth 20 Cinemas)  
5309 Commonwealth Centre Pkwy  
Midlothian, VA 23112  
(804) 545 – 7560

- **Festival Park Office:**

3501 Festival Park Plaza  
Chester, VA 23831  
(804) 425-9619

HCAVa Sports Medicine  
1115 Boulders Parkway, Suite 110  
Richmond, VA 23225  
Address Correction Required

# Saturday Morning Injury Clinic

8:00 to 9:00 am

Every Saturday

August 27<sup>TH</sup>  
through  
November 5<sup>th</sup>, 2016

1115 Boulders Pkwy  
Suite 110  
Richmond, VA 23225



The "GOLD" Standard  
In SPORTS MEDICINE

Phone: (804) 560 - 6500  
Web site: [HCAVirginia.com](http://HCAVirginia.com)

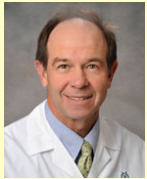
## Meet the Medical Team



Doug Cutter, M.D.  
HCAVa Sports Medicine  
Sports Medicine Physician



Jennifer Hopp, M.D.  
HCAVa Sports Medicine  
Sports Medicine Physician



D. Christopher Young, M.D.  
OrthoVirginia  
Sports Medicine Orthopaedic Surgeon



David D. Nedeff, M.D.  
OrthoVirginia  
Sports Medicine Orthopaedic Surgeon



Michael W. Mariscalco, M.D.  
OrthoVirginia  
Sports Medicine Orthopaedic Surgeon

## “What is Saturday Morning Injury Clinic”

HCAVa Sports Medicine offers a free sports injury clinic for high school athletes every Saturday morning after the eleven regularly scheduled Friday Varsity Football games. Saturday Morning Injury Clinic (SMIC) is for injuries **incurred in the previous seven days or follow up for injuries previously seen by the physicians at SMIC.** The Saturday Morning Injury Clinic is open to **ALL** fall sports’ athletes in the area, **regardless of school affiliation.**

The initial evaluation by a Sports Medicine Physician and emergent/acute injury treatment that morning by the certified athletic trainers on hand are **FREE**. A charge will be made if an x-ray or other tests, brace, or other soft goods are recommended and you decide to purchase them here. You are NOT required to receive any service for charge and have the choice to receive them here or any place of your choosing. For that reason we ask that you bring your insurance information.

**DUE TO FEDERAL LAWS AND REGULATIONS, PHYSICAL THERAPY TREATMENTS CANNOT BE RENDERED FOR FREE DURING SATURDAY MORNING INJURY CLINIC.**

The insurance holder is responsible for contacting the Primary Care Physician (PCP) Monday morning to see if a referral is needed for any of the charged services rendered at Saturday Morning Injury Clinic.

Also, for legal reasons, if the athlete is under the age of 18, we **require** that a parent or guardian accompany them or fill out the attached “Permission to Treat” form to give us permission to evaluate and treat. We will not perform any actions that would generate a charge without first talking to the parent or guardian. A form will be sent home to the parents and the coach/athletic trainer to inform them of the physician’s diagnosis and plan of action recommended.

**NO ONE WILL BE ADMITTED AFTER 9:00 AM...WE WILL EVALUATE EVERYONE THAT IS REGISTERED BY 9:00 AM!**

- SO:
- 1) if under 18, bring parent or guardian or fill out attached “permission to treat” form,
  - 2) bring insurance information just in case an x ray is needed, etc.,
  - 3) be here promptly at 8:00 AM, BUT NEVER after 9:00 AM!!!
  - 4) ALL FALL ATHLETES ARE WELCOME, NOT JUST FOOTBALL!

## Permission to Treat

HCAVa Sports Medicine encourages parents/guardians to attend Saturday Morning Injury Clinic with their son or daughter. If circumstances arise where a parent/guardian cannot attend, HCAVa Sports Medicine requires that the parent/guardian give permission to the physicians to evaluate their son/daughter via the below “Permission to Treat.”

Contact will be made by a member of the HCAVa Sports Medicine Staff confirming this permission, please be sure to include a number where you can be reached Saturday morning between 8 and 11 am. In addition, we may need to contact the parent/guardian during the physician evaluation, as we will not perform any actions that will generate a charge without first talking to the parent or guardian listed below.

\_\_\_\_\_  
Name of Athlete

\_\_\_\_\_  
Name of Parent

\_\_\_\_\_  
Phone where parent can be reached during clinic

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

FOR STAFF USE ONLY: Verification/Contact made by

