



# BUMPS & BRUISE

**DELTA: 8 am Monday - Friday    FILLMORE: 8 am Monday - Friday**

**Cost is \$5/visit**

The purpose of this clinic is to make minor, acute treatment available to athletes so that minor injuries are addressed before they become long-term or game-altering injuries.

This treatment requires a signed parental consent for minors, which can be found [here](#). Bumps and Bruise is available for the following injuries:

- ➡ Minor Strains and Sprains
- ➡ Contusions
- ➡ Swelling and Edema
- ➡ Minor Movement Issues
- ➡ Acute Muscle Pain
- ➡ Various other injuries

If we suspect a more serious issue, we will refer you to the most appropriate provider, such as: primary care physician, traditional physical therapy, or an orthopedic consult. Parents will ALWAYS be a part of the decision making regarding their athletes.

Should you or your athlete need this service, please have the coach contact our office to let us know their concern. In communicating with the coaches for referral of the athlete, we will be keeping your referring coach up to date on your return to play progress to ensure your safety and prevent re-injury. If you wish that we do not discuss your status with your coaches, make sure to let us know when you arrive!



**DELTA/FILLMORE**  
PHYSICAL THERAPY  
AND SPORTS MEDICINE