



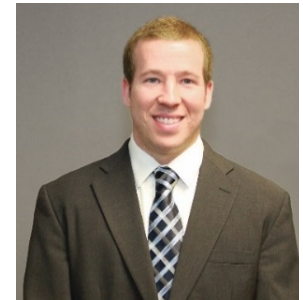
FREE Injury Walk-in Clinic For YMCA Members



Do you have an injury from a sports or fitness related activity?

Open to all YMCA members Free of Charge

Meet DCH Director of Athletic Training



Scott Sell, MS, ATC

Director of Athletic Training and Outreach Services

Scott's Experience:

5 – years in college athletics

2 – years with the Indianapolis Colts

2 – years with the Big 10 Conference

Location	Day	Time
Davies County YMCA	1 st & 3 rd Tuesdays	4:30-6:00p
	2 nd & 4 th Thursdays	8:30-9:30a

- Schedule an appointment in advance by *signing up at the YMCA service desk* or
- Drop by during clinic hours and be seen on a first-come-first-served basis

On-site services provided by our certified, licensed athletic trainers include:

- Evaluation of a sports or exercise-related injury
- Recommendations for exercise, stretching techniques, or use of other reconditioning methods
- Assistance with pre-existing as well as new injuries
- Preventative recommendations on avoiding future injuries
- As needed, facilitation of a referral to a medical provider



Questions? Call (812) 254-2760 x1539 or (812) 254-8889