

# Bumps & Bruises Sports Medicine Clinic

Clinic will take place on the  
following Saturdays:

September 3rd  
September 10th  
September 24th  
October 1st  
October 15th  
October 29th  
November 12th

Saturday Mornings

8:00-10:00 am

**1st COME 1st SERVED**  
NO APPOINTMENTS!

**Derek D. Rains MD**

Willamette Valley Orthopedics and Sports Medicine  
2700 SE Stratus Ave. SUITE 303  
(503) 435-4520

**FREE - X Rays**

**FREE Braces**

**FREE Physical Therapy**

**FREE Orthopedic Sports Medicine Consultations**

**No Insurance Required - It really is FREE!**

