



As partners in healthcare with Hamburg Area School District, Lehigh Valley Orthopedic Institute is pleased to offer no charge PIAA sports physicals to the athletes at your school. Starting May 1<sup>st</sup>, and concluding August 10<sup>th</sup>, physicals can be scheduled at your convenience at ExpressCARE locations throughout the region.

**Instructions for scheduling your student athlete's PIAA physical are as follows:**

1. Visit the [Physicals Scheduling](#) link
2. Choose "ExpressCARE"
3. Click sports physical option
4. Select your desired time/location.  
*In "reason for visit" enter the School District name*
5. Log in to your MyLVHN account or continue as guest to complete scheduling.  
*Continuing as a guest will require additional demographic information to be completed before scheduling*

**\*\***To schedule siblings, please visit the [Sibling Scheduling Request](#) link, fill out the form and a call team member will reach out within five to seven business days to schedule your sports physical.

Please direct any scheduling concerns to the Sports Medicine Care Coordination Team at [AthleticTraining@lvhn.org](mailto:AthleticTraining@lvhn.org)