

## Northwestern Partners With Local Schools for Unique Health and Wellness Event

More than 100 [Northwestern Health Sciences University](#) students, along with several alumni, helped put on a unique program for community athletes recently. The second annual Saint Agnes School Health and Wellness Exams, Pre-Participation Physicals and Combine was part of a partnership between Northwestern and Saint Agnes School, a K-12 school in St. Paul, Minn.

The combine assesses students' overall physical health as well as athletic strength and athletic explosion through several tests including basic tests such as the vertical jump, long jump, and 40-yard run. The tests allowed students to rate themselves nationally to other students based on age, weight and sex. Participants also had the chance to win medals and scholarship money based on athletic performance at the combine and academic performance.

Organizer of the unique collaboration, Jonathan Williams, DC, associate professor at Northwestern, said there is no other similar program in Minnesota. Most importantly, Williams said that the weekend-long event allows students to identify injuries before pre-season practices begin.

"This way, the students and doctors have time to address past injuries," Dr. Williams said, "and work with the kids, coaches, parents and family doctors ahead of the season and let them understand their limitations if there are any."

Dr. Williams first launched a collaborative effort in 2008 between Saint Agnes School and Northwestern when he saw a need for chiropractic services for Saint Agnes athletes. With the partnership, student athletes receive regular chiropractic services and Northwestern students have the opportunity for hands-on learning by working with athletes on and off the field.

The event was held at Saint Agnes School and involved students from the Saint Agnes and St. Croix Lutheran schools.

*Source:* Northwestern Health Sciences University