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## FOR IMMEDIATE RELEASE

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# Tri-County Health Care adds free walk-In sports injury clinic

**WADENA, Minn. – Jan. 05, 2023** – Tri-County Health Care will now offer a free walk-in sports injury clinic in Wadena. This new service began on Jan. 2 and is available Monday-Friday, from 7:30 – 8:30 a.m. Patients enter through the main entrance of the Wadena Clinic and check in at the front desk.

The clinic is staffed by Sarah Maninga, ATC, and Brock Spandl, DC. By using the injury clinic, athletes can schedule same-day appointments with orthopedic providers when needed.

Tri-County Health Care added this new service to better serve athletes around the region. In addition to the injury evaluation, the sports medicine staff offer suggestions, including rehab exercises, return-to-play recommendations, and injury prevention tips.

To learn more, visit [TCHC.org](https://www.tchc.org).

### **ABOUT TRI-COUNTY HEALTH CARE**

Tri-County Health Care is a private, not-for-profit health care system based in Wadena, Minnesota. It offers care services such as primary health, surgery, cancer care, diagnostic imaging, obstetrics, orthopedics and rehabilitation. Tri-County Health Care operates a hospital and medical clinic in Wadena, and serves the counties of Wadena, Todd and Otter Tail through five satellite clinics and two physical therapy clinics in Bertha, Henning, Ottertail, Sebeka and Verndale. Visit [TCHC.org](https://www.tchc.org).

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