

## AYSO update

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Monday, October 4, 2010

Dr. Rajesh Makim, sports medicine specialist at Orthopedic Associates of Port Huron, has been named team physician for American Youth Soccer Organization (AYSO) Region 161, serving St. Clair County.

As the team physician, Dr. Makim is available for medical consultations and to help with injuries during practices or games. He also will present proper warmup techniques, the importance of stretching and tips to prevent dehydration to other league coaches throughout the season.

Dr. Makim has served as assistant and head coach for the past five seasons for an Under 10 Boys team with AYSO, a national community-based soccer program for ages 4 to 19.

Dr. Makim is a board-certified orthopedic surgeon at Orthopedic Associates of Port Huron. His areas of special interest are sports medicine, knee and hip replacement and fracture care.

Orthopedic Associates of Port Huron is St. Clair County's largest orthopedic practice, comprising of nine physicians who each specialize in different areas of care related to injuries and disorders of the bones, joints and muscles.