



## Sports Physical Exam



### Overview

This exam makes sure you're healthy enough for physical activity. It's often required for kids and teens who want to play organized sports. A sports physical is usually valid for one year. Then, you need to get a new one.

### Why do you need a sports physical?

Why do you need this exam? Well, playing sports can be very physically demanding. We want to make sure everyone on the team can play safely. A sports physical lets us look for things like heart issues and developmental problems. It gives us info about any past injuries you've had. And, it helps us spot medical problems you may not even know about. We use this info to give you a plan for how to be active in a safe way.

### What happens during the exam?

What happens during the exam? We measure your height and weight, and we look at your posture. We measure your pulse and blood pressure, and we listen to your heart and lungs. We test your vision. We check your ears, nose and throat. We test things like strength, flexibility, reflexes and posture. And for males, we may check your testicles and make sure you don't have a hernia.

### Other topics

We also ask you questions about your health history. We may ask about things like allergies, asthma, concussions and broken bones. Are you taking any medications? Do you use alcohol, nicotine or other drugs? If you're female, we may ask about your menstrual periods. Some of these questions can feel personal. They can be embarrassing to talk about. But it's important to be honest so we have a good picture of your health. For more info about sports physicals, talk to your doctor.