Sports Physicals for Children!

Playing sports is a fun and active way of letting our children interact and socialize with other kids! Educating yourself as to why you need to get a sports physical for your kids could be beneficial to your child at early stages.

**What is a sports physical?**
A sports physical exam helps determine whether it's safe or not for your child to participate in a certain sport. Most states actually require a sports physical before a new sport or start of a new season. A medical history form is usually filled out and states previous family conditions, any illnesses a child had previously or currently, prior hospitalizations or surgeries, allergies, past injuries, and if they are currently taking any medications.

**What happens during a sports physical?**
A health provider screens the child to properly diagnose their developmental, social, or emotional levels. Hearing and vision screenings are included along with an in person physical exam and vital signs to rule out any infectious concerns or conditions. If you are interested in a sports physical for your child, make sure they are added into your Nice account and then toggle to the appointments tab to schedule an appointment for them.

Citation: https://www.health.state.mn.us/people/childrenyouth/ctc/index.html, https://kidshealth.org/en/parents/sports-physical.html