

Sports Physical Exam for Your Daughter

We are frequently asked to provide a medical evaluation and complete forms required by a school district, organization or club to clear a girl for participation in certain physical activities.

These “sports physicals” are not designed to replace your daughter's annual wellness exam. The annual wellness exam visit allows us to establish a rapport between physician and patient, encouraging comfortable and comprehensive discussion of acute and chronic health conditions; pre-adolescent issues such as good nutrition, body image, and self-esteem, and peer pressure; avoiding tobacco, drugs, and alcohol; and the inevitable subjects of puberty and growth development, teenage sexual activity and pregnancy prevention. We want to develop an open, trusting relationship with you and your daughter so you can turn to us with questions or concerns regarding any of these issues.

If your daughter has not had a well-child exam within the last year, we recommend you schedule an appointment for her well-child exam and we will gladly complete the clearance forms during that visit.

If your daughter has had a well-child exam within the last year and now needs a sports physical, we may need to update the medical history and provide a limited exam prior to completing the clearance form. The charge for this service is \$40, payable at the time of your visit, since many insurance companies do not cover this service.

We do recognize that some schools offer pre-participation physical exams, which may be a convenient and inexpensive alternative for you.