

# SPORTS PHYSICALS

## Sports Physicals

The summer is coming to an end and the kids are heading back to school. With that comes the start of sports. It is important to have your children complete their sports physicals in order to make sure they are healthy enough to participate.

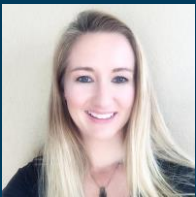
Sports physicals are not only general physicals, but they also screen for issues that can be life threatening to the athletes while they are being active. If there is a possible issue the child can be referred if needed to a specialist, give braces, be given medications or make activity modifications. A head-to-toe exam is done and we also check function of muscles, arms and legs.

The child's medical history is important to hear about past heart murmurs, concussions, breathing problems during activity and previous injuries. It is also important to know family history, especially cardiac history.

Sports physicals are also a good time to check on vaccination needs, get refills on inhalers for those with asthma, see how your child's growth is and check their vision. At this time providers can also screen for any mood disorders, assess safety and

Sports physicals are due every two years. If your child needs one for this next school year call the office to schedule one. Same day appointments are available.

You can go to this website to get the forms:  
<https://www.wiaawi.org/Portals/0/PDF/Forms/PPE-form.pdf>



**Ozaukee County Employer  
Clinic located inside Aurora  
Port Washington Clinic  
1475 W. Grand Ave**

Elizabeth Merry, FNP-BC • Nurse Practitioner

## Clinic Hours of Operation

Monday 9am-5pm

Tuesday & Thursday 9am-3pm

Wednesday 7:30am-5pm

Friday 9am—4:30pm

Call us to make an in person or virtual appt at:

**262-268-6610 or 262-268-6603**

Please note, standard Aurora COVID-19 protocols are in place.

 **Aurora Health Care**

We are  AdvocateAuroraHealth

**Who can be seen?** Health Plan participants over 2 years old may use the County Employee Health Center