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Sports Physical Policy

In accordance with recommendations from the American Academy of Pediatrics (AAP), ***Sports Physicals and annual Well-Child Visits are separate evaluations***. However, both may be completed during the same appointment ***when scheduled together in advance***.

What is the difference?

- **Well-Child Visit:** A comprehensive evaluation of your child's overall health, growth, development, preventive care, and age-appropriate screenings.
- **Sports Physical:** A focused evaluation to assess your child's ability to safely participate in sports, including a review of medical history, previous injuries, cardiovascular health, and musculoskeletal concerns.

While both evaluations are important, ***a Well-Child Visit does not automatically include a Sports Physical, and a sports physical does not replace an annual Well-Child Visit.***

If your child needs a Sports Physical:

- Notify our office when scheduling your child's Well-Child Visit that a Sports Physical is also needed.
- Bring the required sports physical form to the appointment, if available.
- If your child has already completed their annual Well-Child Visit without a Sports Physical evaluation, a separate appointment will be required.

Please note: We cannot complete Sports Physical forms based solely on a recently completed Well-Child visit unless the sports physical evaluation was also performed at that appointment.

Thank you for helping us ensure your child receives the appropriate evaluations for safe participation in sports!

Last updated: 10/2026