



## STUDENT SPORTS PHYSICALS

It's an exciting time as youth sports are back in action! Get your children ready for the season by arranging their sports physical examinations.

Get your student athlete evaluated by a practitioner to determine their eligibility to participate in sports this year. Don't forget to also schedule your yearly physical when you visit your clinic!



## YEARLY PHYSICALS & SPORTS PHYSICALS

**Some of the many items a practitioner will check during a physical:**

- Urine Analysis
- Hearing Check
- Vision Check
- Height & Weight Measured
- Blood Pressure & Heart Rate Measured
- Lungs Checked
- Blood Test (finger prick) (checking iron)
- Spine & Scoliosis Check
- Ear, Nose, Throat Check
- Balance Test
- Teeth Check
- Skin Examination

If anything is found to be a concern the patient can be treated or referred out to a specialist.

### **Benefits of a *yearly* physical:**

- Your child will be seen by an experienced practitioner who can address any health concerns
- Your child's growth and development can be evaluated
- Your child will have a personalized health plan to meet his or her needs
- Your child will have a complete physical exam including checking blood pressure, height, weight, hearing, vision, and teeth

### **Benefits of a *sports* physical:**

If your child needs a physical to play sports, there are additional benefits beyond simply being cleared for participation.

**Injury prevention** strategies, such as wearing a mouth guard or protective gear, can be discussed during the physical to help keep them safe during their favorite activity.

These strategies can also be useful for other activities like skateboarding, biking, or even walking.

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***Schedule an appointment and get your student athlete cleared to participate in their favorite sports this year!***

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***Schedule an *in-office* OR *virtual* visit with your local clinic!***

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**COLUSA**  
412 4th St.  
Colusa, CA 95932  
**(707) 732-8679**

**CHICO**  
1074 East Ave. Suite Q  
Chico, CA 95926  
**(707) 732-8679**

**SALINAS**  
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**For Virtual Visits**



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