

DON'T WAIT. PARTICIPATE.

Has your child had a sports physical this year?

The goal of the sports physical, also known as the Preparticipation Physical Evaluation (PPE), is to promote the health and safety of the athlete in training and competition.



American Academy
of Pediatrics



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Why should I schedule the PPE with my child's pediatrician?

- Your pediatrician can access your child's medical and family history to determine if there are any conditions that may predispose him/her to unnecessary risk during physical activity.
- Your pediatrician can provide information on injury prevention and other health concerns in the privacy of an exam room.
- The PPE can be incorporated into a routine well-child visit.

How to Prepare for the Office Visit

- Fill out the PPE History Form that is provided by the recreational club, high school or pediatrician's office. If you don't have a PPE form visit: <http://www.aap.org/PPE>
- Ideally the PPE should be performed at least 6 weeks before the start of practice.
- Prepare any questions you would like to ask your child's pediatrician.

For further guidance on sports topics visit:
<http://www.healthychildren.org>