

## **Here's why your child should see the pediatrician for a sports physical.**

Even kids who don't play organized sports should have a sports physical because all children are potential athletes, according to new guidance from six major medical organization, including the American Academy of Pediatrics (AAP).

"If they look like they might be remotely interested (in playing a sport), I say 'How about we answer these questions and then if you decide to go, you've got your exam done,'" said William Roberts, M.D., M.S., FACSM, FAAFP, an author of the guidance. "What we're trying to do is screen children to be prepared for activity."

The AAP recommends that all children receive routine health supervision visits ad sports physicals from their pediatrician. This helps keep medical records and health history up to date and ensures your child is caught up on immunizations. It also gives your child a chance to discuss concerns in a confidential setting.

Steer clear of mass screenings done at school or a pharmacy clinic where the medical records and immunizations may not be available for the best care. Also, if something abnormal is found, your child likely will have to visit their primary physician. This may delay sports participation.

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