

## Pre-Participation Sports Physicals

As the warmer weather approaches, the thoughts of summer sports and training begin. One of the first, and most important, preparations for the upcoming year in athletics is the pre-participation physicals.

This physical is required by Ohio, Kentucky, and Indiana for participation in all organized school sporting activities - that means practices and tryouts as well as competition. So, for many families, getting the pre-season physical is an annual event through the junior high and high school years. I have been asked several questions recently about these physicals and thought I might be able to clarify some of those questions for you.

### **Why does the state require pre-participation physicals?**

Most states require, with the support of eight different medical boards, preseason physicals with one goal in mind: safety. These screening exams are intended to help reduce the chances of avoidable problems on the field or court, as well as some away from the sporting environment. The exams are intended to find and lead to treatment of injuries or ailments that might hinder or cause damage to the athlete during strenuous athletic events. Although medical professionals recognize that screening physicals do not find all potential problems or issues, they do advocate the physicals as a very important preventative

measure in the care and protection of athletes. Anyone participating in organized athletic competition at junior high or high school level should have a physical prior to participation in tryouts, practices, or competitions.

How does the athlete to get his or her physical?

1. Contact the athletic department at your school to find out if they have specific plans or a scheduled physical day.

2. The athlete can make an appointment to see their primary care provider and have the physical completed there.

3. All students' grades 7-12 are welcome to attend open physicals at East Central High School on May 12 & 13 from 3-5pm; this will be open to all area schools this year. With Beacon completing your physical we charge \$20 and then give \$10 back to your school's athletic department. You will need to bring an Indiana physical form with you, signed by a parent or guardian. (We cannot complete the physical without a signature), your payment, and wear shorts.

4. You can attend our open physicals at Beacon West on July 28, 3-7pm, again we will give half of the money back to the school that you attend. The physical forms are available at your school's athletic department or on [www.doctorargo.com](http://www.doctorargo.com). If you have questions please contact Amanda at [aharper@beaconortho.com](mailto:aharper@beaconortho.com) or 513-354-3700.

*Dr. Argo is fellowship trained and board certified in orthopaedic surgery and sports medicine. He is the team physician for East Central High School, Oak Hills High School, The College of Mt. St. Joseph and the medical director and team physician for the Cincinnati Cyclones. Dr. Argo sees patients at the Beacon West and Batesville locations also providing a Saturday sports injury clinic for your convenience. [www.doctorargo.com](http://www.doctorargo.com)*



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