



Sports Physicals at University Hospitals Rainbow Babies & Children's Pediatrics

Many young athletes are required to complete a sports physical in order to participate. These exams are designed to keep your young athlete playing his or her best and to catch potentially life-threatening health problems that can be made worse by sports activity.

What many parents do not know is that an Annual Well Child Exam or "Check-up" includes a sports physical and the completion of any needed paperwork. When this exam is performed at the pediatrician's office, it is valid for any forms needed for the next 12 months.

The American Academy of Pediatrics (AAP) recommends asking your pediatrician to do your child's sports physical when you schedule your child's next routine well-child visit. This is more convenient than scheduling two appointments and has other advantages as well such as:

- Your child's medical records and health history will be complete and up to date.
- Pediatricians are trained to identify and treat medical and bone/joint problems that are commonly seen in children and adolescents who play sports or are physically active.
- Your pediatrician also can ensure your child is caught up on immunizations and can discuss any concerns in a confidential setting.

In addition, while many insurances do not cover sports physicals for school, insurance does cover one annual well-child visit. Check with your insurer if you have any questions.

What a Pediatrician Covers During a Well Child Visit & Sports Physical

- Full history of diet, sleep, and hygiene behaviors
- Full physical exam including Heart and Lung Health
- Screening for any Mental and Behavioral Health concerns
- Reviews sports history including previous concussions, head injuries, surgeries and other factors that could impact safe and high performance play
- Your pediatrician will always consider the unique needs of each athlete

Schedule ahead of season

UH Rainbow Babies & Children's recommends scheduling Well Child Exam annually – and at least eight weeks before the start of the season, which allows time to follow up on any concerns that might arise.



Call **216-844-MUNY (6869)** to schedule an appointment, or contact a UH Rainbow pediatric practice directly.

Visit **UHRainbow.org/muny** for a list of UH Rainbow practice locations



CUYAHOGA COUNTY

BROADVIEW HEIGHTS

UH Rainbow Kids in the Sun
440-848-9171

UH Rainbow Pediatriccenter
440-613-0877

CLEVELAND

UH Rainbow Ahuja Center for
Women & Children
216-930-9460

EUCLID

UH Rainbow Euclid Pediatrics
216-400-9948

GARFIELD HEIGHTS

UH Rainbow Pediatriccenter
216-200-4296

MAYFIELD HEIGHTS

UH Rainbow Pediatriccenter
440-793-8219

MIDDLEBURG HEIGHTS

UH Rainbow Pediatric & Adolescent
Health Professionals
440-414-3021

PARMA

UH Rainbow Pediatric Services
440-656-5500

SHAKER HEIGHTS

UH Rainbow Suburban Pediatrics
216-930-7217

OLON

UH Rainbow Suburban Pediatrics
440-753-6052

SOUTH EUCLID

UH Rainbow Green Road Pediatrics
216-910-6480

STRONGSVILLE

UH Rainbow Kids in the Sun
440-848-9172

WESTLAKE

UH Rainbow Partners in Pediatrics
440-613-0876

UH Rainbow Comprehensive Pediatrics
440-373-7334

UH Westshore Primary Care
440-373-7589

ASHTABULA COUNTY

ASHTABULA

UH Rainbow Ashtabula Pediatrics
440-941-0519

GEAUGA COUNTY

BAINBRIDGE

UH Rainbow Pediatriccenter
440-848-9169

CHESTERLAND

UH Rainbow Chesterland Pediatrics
440-482-1665

LAKE COUNTY

MADISON

UH Rainbow Madison Pediatrics
440-848-9170

UH Rainbow Lake Health Pediatrics
440-879-7613

MENTOR

UH Rainbow University
Premier Pediatricians
440-925-5940

UH Rainbow Lake Health Pediatrics
440-340-1677

WILLOUGHBY

UH Rainbow Northeast Pediatrics
440-459-0054

WILLOUGHBY HILLS

UH Rainbow KidsFirst Pediatrics
440-793-8218

LORAIN COUNTY

AMHERST

UH Rainbow Lorain Pediatrics
440-496-6228

AVON

UH Westshore Primary Care
440-940-4066

ELYRIA

UH Rainbow Lorain Pediatrics
440-373-8293

NORTH RIDGEVILLE

UH Westshore Primary Care
440-340-1187

OSHERLIN

UH Rainbow Lorain Pediatrics
440-613-0878

ERIE COUNTY

SANDUSKY

UH Rainbow Sandusky Pediatricians
419-742-3012

MEDINA COUNTY

BRUNSWICK

UH Rainbow Pediatric Services
330-208-9849

MEDINA

UH Rainbow Medina Pediatrics
330-267-9005

PORTAGE COUNTY

STREETSBORO

UH Rainbow Healthy Kids Pediatrics
330-208-9464

SUMMIT COUNTY

FAIRLAWN

UH Rainbow Children's Medical Group
330-267-7572

HUDSON

UH Rainbow Children's Medical Group
330-805-9346

TWINSBURG

UH Rainbow Pediatriccenter
330-267-9151