

# 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.

## Arizona Chapter

INCORPORATED IN ARIZONA

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN®



## 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 well-child visit which includes screening for vision and hearing, immunization updates, and evaluation for non-sports related risk factors such as emotional and reproductive health.

## 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: [aap.org/PPE](http://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: [healthychildren.org](http://healthychildren.org)