

# SPORTS PHYSICALS FAQ

## WHO CAN PARTICIPATE IN THE TWIN CITIES ORTHOPEDICS (TCO) SPORTS PHYSICALS EVENT?

The sports-qualifying physical exams are open to middle school, high school or college student-athletes with clear medical histories and who are required to have a physical prior to participating in athletics. The physicals are used to screen for and detect physical or medical conditions that might put student athletes at risk for future problems.

The sports-qualifying physical exam is NOT intended to replace regular or as-needed visits to primary care physicians (PCPs). Students currently under PCP care for medical conditions/injuries/illnesses or with previously diagnosed medical conditions/injuries/illnesses, especially cardiac or asthmatic conditions that might preclude or limit participation in sports, are advised to receive medical examinations from their PCPs.

## ARE THE EXAMS OPEN TO STUDENT-ATHLETES FROM BOTH MINNESOTA AND WISCONSIN?

Yes. Student-athletes who are required to have a sports-qualifying physical exam in both Minnesota and Wisconsin are welcome to participate.

Minnesota State High School League: [mshsl.org](http://mshsl.org)

Wisconsin Interscholastic Athletic Association: [wiaawi.org](http://wiaawi.org)

## CAN STUDENT-ATHLETES ATTEND ANY OF THE DATES LISTED?

Yes, please feel free to attend the sports physicals event of your choice at any of our eight convenient TCO locations. Visit [TCOmn.com/SportsPhysicals](http://TCOmn.com/SportsPhysicals) to learn more.

## ARE THE EXAMS ON A WALK-IN BASIS OR IS AN RSVP NECESSARY?

Space is limited, so please schedule physicals well in advance. We will accept walk-ins; however, they are not guaranteed to be seen.

To RSVP for a sports physical exam, visit [TCOmn.com/SportsPhysicals](http://TCOmn.com/SportsPhysicals).

## HOW LONG WILL THE EXAM TAKE?

The sports physical exams usually take about 30 minutes. Our staff members will do their best to move through the exam process as quickly as possible but will take the time needed to ensure that each athlete's needs are met.

## WILL I BE CHARGED FOR THE EXAM?

No. The TCO sports-qualifying physical exams offered during these events are free of charge.

## DO STUDENTS NEED TO BE ACCOMPANIED BY A PARENT OR GUARDIAN?

Parents or guardians are required to attend the sports physical exam with students under the age of 18 to help the examining provider better understand a student's medical history, if needed, as well as discuss any future medical concerns the provider might identify during the exam.

## WHAT SHOULD BE BROUGHT TO THE EXAM?

### **Sports-Qualifying Physical Exam Clearance Form**

Each student receiving a sports physical must provide a "Sports-Qualifying Physical Examination Clearance Form" prior to the exam. The form must be signed and dated by a parent or legal guardian if the student is under the age of 18. Please complete the health history portion of the form prior to arriving for the exam. Forms can be obtained from the student's school or online at:

**Minnesota:** [mshsl.org/mshsl/publications/code/forms/physicalexam.pdf](https://mshsl.org/mshsl/publications/code/forms/physicalexam.pdf)

**Wisconsin:** [wiaawi.org/portals/0/pdf/forms/physicalcard.pdf](https://wiaawi.org/portals/0/pdf/forms/physicalcard.pdf)

If your school is using the PRIVIT system, print the health history page and bring it to the exam for the provider to sign.

### **Immunization Records**

Immunization records are not required for the exam but providing them is encouraged, as additional health history is helpful for the provider to review.

## WHO WILL BE CONDUCTING THE EXAM?

All athletes will see both an orthopedic and a primary care provider. Certified athletic trainers (ATs) will assist in the exam where needed.

## WHAT SHOULD BE DONE WITH THE COMPLETED CLEARANCE FORM?

It is the responsibility of the individual athlete/parent/guardian to return the completed form to the school. TCO will keep a copy of all forms on file in case a form is misplaced; however, TCO is not responsible for submitting completed forms to the schools.