

SPORTS PHYSICALS

FREQUENTLY ASKED QUESTIONS

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 collegiate 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 MINNESOTA AND WISCONSIN?

Yes, student-athletes who are required to have a sports-qualifying physical exam in Minnesota or Wisconsin are welcome to participate. Student-athletes are required to bring the appropriate physical exam form for the state in which they plan to participate, to be completed by the provider(s) and returned to the school.

Minnesota State High School League: mshsl.org

Wisconsin Interscholastic Athletic Association: 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 nine convenient TCO locations. Visit TCOmn.com/SportsPhysicals to learn more.

IS AN RSVP REQUIRED TO RECEIVE A FREE SPORTS-QUALIFYING PHYSICAL EXAM?

It is recommended that you RSVP for your free sports-qualifying physical exam well in advance as space is limited. We will accept walk-ins; however, there may be a longer wait.

Registration will begin on **Monday, June 3**. To RSVP for a sports physical exam, visit TCOmn.com/SportsPhysicals.

ARE WALK-IN'S WELCOME?

Yes, student-athletes who have not registered ahead of time are welcome to walk-in to their preferred location on the specified date to receive their sports-qualifying physical exam.

HOW LONG WILL THE EXAM TAKE?

The sports-qualifying physical exams typically take approximately 30 – 45 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 student-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 STUDENT-ATHLETES NEED TO BE ACCOMPANIED BY A PARENT OR GUARDIAN?

Parents or guardians are required to attend the sports-qualifying physical exam with student-athletes **under the age of 18** to help the examining provider better understand a student-athlete'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-athlete receiving a sports-qualifying physical exam 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-athlete 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-athlete's school or online at:

Minnesota: mshsl.org/mshsl/publications/code/forms/physicalexam.pdf

Wisconsin: wiaawi.org/portals/0/pdf/forms/physicalcard.pdf

*Collegiate student-athletes are responsible for providing the appropriate sports-qualifying physical exam form from their college or university. We will not have these forms on hand.

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

WHAT SHOULD BE DONE WITH THE COMPLETED CLEARANCE FORM?

It is the responsibility of the individual student-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.

HOW DO I LEAVE FEEDBACK?

All student-athletes/parents/guardians are encouraged to contact SportsPhysicals@TCOmn.com with any feedback. We love to hear what you liked and/or disliked about the process so we can enhance future experiences. We also often pass along messages of thanks to our providers.