

Sports Physical vs. Well Exam: What's the Difference?

It is very important that your family members have a well exam every year. Your child's comprehensive well exam can be used to renew a sports physical or prepare for school.

What is a sports physical?

A sports physical is different than a well exam because it focuses on reviewing your child's current health and medical history to make sure that your child is healthy enough to play sports.

The areas of focus during your child's sports physical typically include:

- Height and weight
- Heart health
- Vision and hearing
- Muscle and bone health, flexibility and strength
- Blood pressure

What is a Well Exam?

A well exam is different from a sports physical because it not only focuses on the physical health of your child but the developmental, emotional and social aspects of your child's health as well. Your doctor will focus on the overall health of your child by doing a **complete physical exam**.

The areas of focus and topics discussed during your child's well exam should include those listed above plus the following:

- Health history
- Immunization
- Behavioral and developmental screening
- Lab work
- Nutrition and activity habits
- Adolescent issues
- Preventative health



Can I get my child's sports physical and well exam done in the same visit?

Yes! Please contact your child's doctor to set up an appointment.