Dear Parents,

This letter serves as an explanation of the 2018 “Sports Physical Program” run at Marcus Daly Memorial Hospital for the students of the Bitterroot Valley. Two important rules we must follow to continue this program are:

- Please fill out the physical form with your child. Children should not fill out alone.
- Please accompany your child. If a parent is not present then the exam cannot be performed.

A sports physical is more appropriately known as a pre-participation exam and helps determine whether it is safe for a child to participate in sports.

There are two main parts of a sport physical: a brief review of the past medical history and a limited physical exam.

Although the form that is used by the State of Montana is extensive, we must look for the following during a sport physical:

- A previous medical history of lung and heart health, including whether the child has ever passed out, felt dizzy, had chest pain or trouble breathing during exercise.
- An abnormality upon exam of the heart and lung.

Although the pre-participation physical must focus on heart and lung health, we will also check child’s height, weight, blood pressure, vision, heart rate, joint reflexes and sometimes a hernia check on boys.

If we find anything of concern, particularly in the above two areas, we will not pass your child and encourage you to see your regular provider for follow up.

These “sports physicals” should not replace the annual well-child exam. The annual well-child exam allows us to discuss any health problems your child may have, including acne or chronic health conditions. It is also our opportunity to discuss with your child important topics such as peer pressure, nutrition, and avoiding drugs, tobacco and steroids. If your child suffers from chronic illness, a well child exam is more important than this type of sports physical.

Thank you again for choosing us to provide this important service.

Sincerely,

The Medical Staff of Marcus Daly Memorial Hospital