

# SCHEDULE YOUR 2020-2021 SPORTS PHYSICALS TODAY!



The Sports and Injury Clinic within UT Health Austin's Musculoskeletal Institute is now offering sports physical exams to adolescents and adults age 14 and older.

Sports physicals are conducted by a physician or an advanced practice provider in the sports and injury care team and consist of a medical history review and physical examination.

If your adolescent will be participating in an activity that requires a UIL Physical Form to be completed, we are here to help ensure they are healthy and cleared to participate in their activity. **You should schedule the physical approximately 6 weeks before the sports season begins to ensure there is enough time for follow-up, if necessary.**

TO SCHEDULE A SPORTS  
PHYSICAL EXAM WITH THE  
MUSCULOSKELETAL INSTITUTE:

CALL 1-833-UT-CARES  
(1-833-882-2737)  
OR VISIT  
UTHEALTHAUSTIN.ORG

Sports physicals cost \$35 self-pay.

#### MEDICAL HISTORY REVIEW:

- Serious illnesses among family members
- Illnesses you had when you were younger or may have now (i.e., asthma, diabetes, or epilepsy)
- Previous hospitalizations or surgeries
- Allergies (i.e., to insect bites)
- Past injuries (i.e., concussions, sprains, or bone fractures)
- History of passing out, dizzy spells, chest pain, or trouble breathing during exercise
- Any medications you are currently taking (i.e., over-the-counter medications, herbal supplements, and prescription medications)

#### PHYSICAL EXAMINATION:

- Recording your height and weight
- Taking your blood pressure and pulse
- Testing your vision
- Checking your heart, lungs, abdomen, ears, nose, and throat
- Evaluating your posture, joints, strength, and flexibility