

Mayo Clinic Minute: A parent's playbook for sports screenings

It's generally required that young athletes get a sports physical before participating in organized activities. The exam isn't just a formality. It's to ensure your child's safety and check to see if they are physically able to play.

[Dr. Matthew Anastasi](#), a Mayo Clinic sports medicine specialist, explains what parents should look for when it comes to sports physicals.

Video	Audio
Matthew Anastasi, M.D. Sports Medicine Mayo Clinic	<p>Summer is winding down, and soon kids will be heading onto the field to play their favorite fall sports. But before they can check into the game, they have to head into the doctor's office.</p> <p>"It's very important to identify any potential risk that they may be exposed to before their participation in the respective sport."</p>
	Dr. Matthew Anastasi says a typical sports screening includes assessing vision, heart and lungs. He says sports medicine specialists also will look at the joints.
	"Really focusing on all the joints, ranging from neck, shoulders, elbows, and then moving down to lower extremity hips, knees, ankles."
	A thorough exam also includes going over medical and family history.
	<p>"Is your son or daughter on any medications? Do they have any allergies?"</p> <p>"Does anyone in your family have a history of sudden death?"</p>
	Dr. Anastasi says sports screenings are not substitutes for health maintenance exams. He also recommends young athletes get a yearly sports physical.

4:12-4:20 TRT: 8	"It's a great opportunity to really identify if something is normal or abnormal, and also to help that athlete succeed at the highest level of his or her ability."
	For the Mayo Clinic News Network, I'm Sonya Goins.