

SCHEDULE YOUR SPORTS PHYSICAL

It's that time of year again! Plan ahead for your pre-participation physical evaluations (PPEs) required by your school or sports league. For the safety and health of our area student athletes, as discussed with your school, mass physical clinics will not be scheduled.

Under the recommendation of our medical community, all PPEs should be completed by your primary care physician in a clinical setting that allows for a complete history and physical examination. This is the best way for a thorough student athlete health evaluation. Here are helpful tips on how to easily complete your sports physical:

Plan Early! Know your school / sports program requirements.

Find out eligibility requirements and when your PPE is due to your school.

Schedule an appointment with your family doctor or pediatrician.

A thorough examination of your health prior to participating in sports activities is important for your well-being and safety. Your family doctor or pediatrician has access to your medical history, and can appropriately complete your PPE.

***If you do not have a family doctor or pediatrician, Fisher-Titus is available to help. A list of doctors available to complete your PPE is on the back of this flyer. ***

Complete a PPE form prior to your appointment.

Completing the PPE form prior to your doctor's appointment will help make the appointment go more quickly, and provide your doctor with quick access to information he/she will need to complete your PPE. The 2018-2019 PPE form can be found online at fishertitus.org/athletic-training. (The 2019-2020 form will post as soon as it's available.)

Visit your doctor.

Be sure to bring your PPE form, insurance card, and any other documentation your doctor's office requested you complete when you made your appointment.

Submit your PPE form to your school.

Provide the completed PPE form to your school by the due date required by your school. Confirm with your coach and/or athletic department that all forms are completed for their needs.

Should you have any questions about completing your PPE, please contact your school's Athletic Department or sports league directory.

FISHER-TITUS LOCATIONS

NORWALK

Fisher-Titus Family Medicine
280 Benedict Avenue, Suite A – Medical Park 4
419-668-8110

New Beginnings Pediatrics
282 Benedict Avenue, Suite B
419-668-9409

MILAN

Fisher-Titus Family Medicine
2114 State Route 113 East
419-499-7600

NEW LONDON

Fisher-Titus Family Medicine
187 West Main Street
419-929-4357

WAKEMAN

Fisher-Titus Family Medicine
24 Hyde Street
440-839-2226

WILLARD

Fisher-Titus Family Medicine
315 Crestwood Drive
419-935-0196

BELLEVUE

New Beginnings Pediatrics
1400 W. Main Street, Suite G
419-483-4122



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