

SPORTS PHYSICALS

The American Academy of Family Physicians, American Orthopedic Society for Sports Medicine, American Academy of Pediatrics, American College of Sports Medicine, American Osteopathic Academy of Sports Medicine, and American Medical Society for Sports Medicine, have collectively established guidelines for sports pre-participation physical evaluations (PPEs). This monograph has been published by and may be obtained through McGraw-Hill publishers.

The PPE working group recommends that PPEs be performed by the student-athlete's personal physician whenever possible, with a more comprehensive examination occurring at entrance into middle, high school, or transferring schools, and updates including a comprehensive history, height, weight, blood pressure, concerns, and review of previous year's illnesses/injuries occurring annually. According to the PPE, the purpose of this is to assure proper monitoring occurs due to the rapid changes in development, both physiologically and psychologically, that occur with younger athletes. In general, the PPE components developed are more comprehensive than the standard high-school entrance physical examination. This is due to the fact that there is a higher demand on the body while participating in sports, thereby requiring a more comprehensive evaluation.

In attempts to help defray costs associated with the PPE, Delaware public schools, via Wellness Centers, offer PPEs prior to each sport's season. In most cases these examinations are for a minimal charge. Other locations to obtain sports physicals have been listed below. These sites are for information purposes only and should not be considered an endorsement by DIAA. Anyone with information regarding other locations for sports physicals are encouraged to contact DIAA.

PARENTS/GUARDIAN: PLEASE MAKE SURE TO COMPLETE THE PPEs 1) CONSENT PAGE, 2. HISTORY PAGE, AND 3. ATHLETE MEDICAL CARD (EXCEPT FOR SECTION 4) BEFORE YOUR CHILD GOES TO RECEIVE THEIR PHYSICAL AND BRING THESE PAGES (AS WELL AS THE PHYSICAL PAGE) WITH YOU TO THE MEDICAL OFFICE. PPE'S CAN BE FOUND ON THE DIAA WEBSITE IN BOTH ENGLISH AND SPANISH.

LOCATIONS AND COSTS OF SPORTS PHYSICALS

(As of May 2011)

New Castle County

Abby Medical –GoCare www.gocaredelaware.com

Abby Medical Center

One Centurian Drive Suite 106

Newark DE 19713

999-0003

\$35 (walk-in)

Mark Case MD Sports Medicine & Family Practice

272 Carter Dr

Middletown DE 19709

449-1710

\$55 (call for appointment M-F 8-415; payment via cash or credit card)

Christiana Care Sports Medicine www.christianacare.org/SportsMedicine

1400 North Washington St.

Wilmington DE 19801 Suite 300 3rd floor

477-3300

\$45

Glasgow Medical Aid Unit www.christianacare.org/MedicalAidUnit

(off of 896 near Peoples Plaza)

2600 Glasgow Ave.

Suite 100

Glasgow

836-8350

\$88 walk-in

HealthCare Center, Christiana www.christianacare.org/MedicalAidUnit

(across from Christiana Care Hospital)

200 Hygeia Dr.

Newark

623-0444

\$88 walk-in

Hockessin Walk-in Clinic <http://www.walkinmed.com/>

(near Limestone & Valley Roads)

Lantana Square Shopping Center

Hockessin

234-4000

\$50 walk –in, \$35 if appointment

Middletown CareCenter- Medical Aid www.christianacare.org/MedicalAidUnit

104 Sleepy Hollow Dr

Middletown

449-3100

\$88 walk-in

Silverside Medical Aid Unit www.silversidemedicalaid.com

(North Wilmington-near Foulk & Silverside)

2700 Silverside Rd.

Wilmington DE

225-6868 \$50 (walk-in)

Sports Medicine of Delaware www.sportsmedicineofdelaware.com

Vincent Disabella DO

102 Sleepy Hollow Dr Suite 102

Middletown, DE 19709

376-9711

\$30 (minimum 12 years old. Call for appointment)

Take Care Clinic (Walgreens) www.takecarehealth.com

1710 Faulkland Rd

Chestnut Hill Shopping Center

Wilmington, DE 19805

Take Care Clinic (Walgreens) www.takecarehealth.com

216 Suburban Dr

Suburban Plaza

Newark, DE 19711

1-866-825-3227

\$35 until Sept 30, 2011, then tbd

Kent County

Bayhealth Medical Center

315 North Carter Road

Smyrna, DE

659-2187

\$40

Smyrna Medical Aid Unit

(in Health & Wellness Center)

100 South Main St.

Smyrna

659-4550

\$55 (walk-in M-F 8-630, Sa/Su 8-4)

Sussex County

Bayhealth Medical Center

1275 South State Street

Dover, DE

678-1303

\$40

Bayhealth Medical Center

<http://www.bayhealth.org/walk-in-medical-care/BayhealthContentPage.aspx?nd=876>

301 Jefferson Avenue

Milford, DE

430-5705

\$40

Rite Aid/ Atlantic General Hospital

28511 Dupont Blvd

Millsboro DE

934-8175

10-8 M-F, 10-5 Sa &Sun

\$25

Rite Aid/ Atlantic General Hospital

505 Linden Ave

Pokomoke City , MD

410-912- 4232

10-8 M-F, 10-5 Sa &Sun

\$25

Rite Aid/ Atlantic General Hospital

11011 Manklin Creek Rd

Berlin , MD

443- 664-0190

10-8 M-F, 10-5 Sa &Sun

\$25

