



Dear Parent,

In the coming months the Sports Medicine physicians and athletic trainers at Nationwide Children's Hospital will be performing Pre-Participation Physical Exams (PPEs) for athletes in your school district. We volunteer our time to provide this service as part of our ongoing relationship with your child's school. A PPE is a requirement for athletic participation in the state of Ohio but it is not a comprehensive medical examination and in no way replaces the recommended annual check-up with your child's primary care physician.

PPEs have been established in order to promote athletic participation in a safe and healthy manner. Their purpose is not to disqualify athletes, but rather to identify conditions that could potentially put the athlete at risk of injury or sudden death during competition. It is strongly encouraged that a parent or custodial guardian attend the PPE with the child in case of any abnormal findings. PPEs are offered well in advance of the coming school year in order to provide adequate time to rehabilitate injuries or further investigate medical problems so as to minimize the likelihood of disqualification. Due to the nature of mass examinations please be prepared for extended wait times.

In order for the PPE to be effective and efficient, a complete and accurate medical history is vital. The history form should be filled out by a parent ahead of time and all YES answers should be explained. Any child with chronic, complex medical problems, especially heart disease, should have his/her primary care physician perform the PPE in the office as it is unlikely we will be able to clear the athlete for participation without access to past medical records.

Thank you in advance for your cooperation and understanding. Our goal for your child, as always, is for safe athletic participation.

Sincerely,

Nationwide Children's Hospital Sports Medicine

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