

Physicals for kids: always a good idea

*****SOT*****

Dr. Luis Garcia, OSF HealthCare pediatrician

“If that’s the case, there are forms that we give parents to bring to school. It’s an advanced directive on what to do if there are concerns.” (:17)

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“A sports physical looks more into the physical health status. The heart, the lungs, a history of concussions. Things that might put the kid at risk when playing. Sports physicals are also important to determine if there might be a risk for a problem even if the kid doesn’t have any specific condition.” (:22)

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Dr. Luis Garcia, OSF HealthCare pediatrician

“It starts with trying to establish a good rapport with our patients. Explain to them that this is part of a regular physical.” (:09)