

STUDY GUIDE

FOR THE BACK-TO-SCHOOL

Wellness Physical

Summer is coming to a close, and it's time for kids to head back to school. Get your child ready with a Back-to-School Wellness Physical for only \$35!

SCHOOL SUPPLIES, TEXTBOOKS AND, *Oh Yeah, Physicals!*



Your child should have a physical every year.



A physical is typically required by the school if your child plays sports.



Regular physicals help keep your child's immunizations up-to-date and prevent the spread of disease.

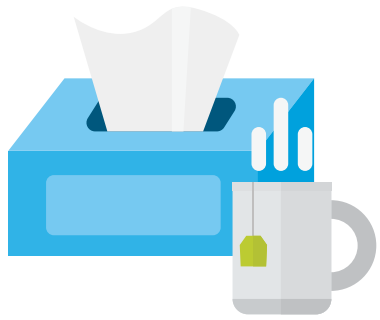
WHAT TO EXPECT

During the Physical



During the physical, the provider will evaluate:

- **eyes/ears/nose/throat**, specifically noting if the pupils are equal and if the student has a hearing issue
- **the lymph nodes**, because swollen nodes can indicate the presence of an infection or an autoimmune disorder
- **the heart** for murmurs or any indication of cardiac issues that could be dangerous
- **the abdomen** for tenderness, masses or issues with the abdominal wall
- **the genitals of boys or men**, to determine the presence of hernias, testicular anomalies, or rashes or bumps
- **overall appearance** for any indications of physical issues that could impact health
- **skin**, to evaluate for abnormal conditions such as the herpes virus, lesions that indicate a Staph infection or ringworm
- The provider will also perform a physical examination of the **musculoskeletal system**, including:
 - toes and feet
 - arms and shoulders
 - ankle and legs
 - back
 - knees
 - neck
 - thigh and hip
 - fingers, hands and wrists
 - forearms and elbows



Your family should receive a flu vaccination **every year** in addition to your child's regularly scheduled immunizations to defend against flu season.



After your Back-to-School Wellness Physical is complete, your provider will sign any necessary forms and you'll be on your way!

URGENT TEAM FAMILY OF CENTERS

