School & Sports Physicals

The physical exam can be a good time to ask **Carl Willeford, Jr., MSN, FNP-C,** questions about your health or discuss any changes or problems that you have noticed. It is also used in many cases to pass minimum physical standards for participation in school sports, clearance for returning back to work after an injury or illness, or as part of the pre-employment process for a job.

What is a physical examination?

A physical examination is a routine test your primary care provider (PCP) performs to check your overall health. A PCP may be a doctor, a nurse practitioner, or a physician assistant. The exam is also known as a wellness check. You don't have to be sick to request an exam.

There are different tests that can be performed during your physical examination. Depending on your age or medical or family history, your PCP may recommend additional testing.

The purpose of an annual physical exam

A physical examination helps your PCP to determine the general status of your health. The exam also gives you a chance to talk to them about any ongoing pain or symptoms that you're experiencing or any other health concerns that you might have.

A physical examination is recommended at least once a year, especially in people over the age of 50. These exams are used to:

- check for possible diseases so they can be treated early
- identify any issues that may become medical concerns in the future
- update necessary immunizations
- ensure that you are maintaining a healthy diet and exercise routine
- build a relationship with your PCP

These exams are also a good way to check cholesterol, blood pressure, and blood sugar levels. These levels may be high without you ever showing any signs or symptoms. Regular screening allows your PCP to treat these conditions before they become severe.

Your PCP may also perform a physical exam before a surgery or before beginning your treatment for a medical condition.

(Source: https://www.healthline.com/health/physical-examination#purpose)