

Bozeman Montessori

Two Bozeman Locations

(North campus) 3774 Equestrian Ln.
(South campus) 233 Enterprise Blvd.

Serving ages 6 mths to 6 yrs

Enrolling Now Toddler and Primary Classrooms:

- Hot lunches and snacks from our own school kitchen included with tuition
- Weekly music classes included
- Supportive community of teachers and families
- Licensed early childhood center with DPHHS since 2013
- Children's developmental needs supported by trained Montessori teachers
- Variety of scheduling options available
- Spacious, beautiful environments
- STAR 4 in Montana's voluntary Quality Rating System (QRS)

CONTACT US TODAY!

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Sports Physicals: Keeping Kids Healthy and Active

WRITTEN BY DR. SHAINA ROGERS

Anticipation is already building as we approach the season of Friday night lights. Whether your child is an experienced athlete or this is their first season, Bozeman Health Pediatrics wants to help ensure that they can safely participate. As pediatricians, we want to set your athlete up for a successful season by completing their sports or pre-participation physical.

Why Sports Physicals?

The Montana High School Association requires that a sports physical be completed for every athlete who wants to play school sports. The goal is to ensure that young athletes are healthy and cleared to participate. This will give them the best possible opportunity to have a safe and fun experience.

Sports Physicals - What to Expect

There are several components of sports physicals. First, every athlete and their family will complete the history portion of the standard form. The form includes questions about different aspects of health, including cardiovascular health and bone and joint health, among others. This is an opportunity to review the athlete's history as well as relevant family history. Based on this information, your child's pediatrician will determine if any additional evaluation needs to be performed before being cleared for sports participation. The sports physical also includes checking growth parameters to ensure your child is growing well, obtaining vital signs, a vision screen and performing a physical examination. Last, the pediatrician will ensure your child's immunizations are up to date.

Your Medical Home

Your child's pediatrician is the best person to complete their sports physical, because they are able to provide a whole-child approach. Your pediatrician will be aware of any chronic medical

conditions your child may have. If, for instance, your child has asthma, the pediatrician will help achieve good asthma control and ensure your kiddo has the inhalers he needs to be able to safely participate. Any acute issues identified can also be approached through the lens of experience with your child and your family. This is a superior experience compared to having a sports physical done by a provider not in your child's medical home.

The American Academy of Pediatrics recommends an annual well-child visit for all children. Your child's sports physical can be done as part of the well-child visit at no additional cost, adding convenience and cost savings for your family.

Timing of the Sports Physical

The end of summer can feel rushed and chaotic, so please consider scheduling your child's sports physical as soon as you are able to do so. Ideally, your child's sports physical would occur at least six to eight weeks prior to the start of the season to allow time for follow-up of any issues. All Bozeman Health locations, including Deaconess Regional Medical Center, Cottonwood Clinic, Belgrade Clinic and Big Sky Medical Center are offering sports physicals.

Final Takeaway

We all want to see our kids thrive – on the field, the court and in life. Your child's health and safety are Bozeman Health's number-one priority. So, grab your helmets, your shin guards and cleats and come see us! We would love the opportunity to care for your child.

Shaina Rogers, DO, MPH is a board-certified pediatrician with the Bozeman Health Pediatrics Clinic in Belgrade. Dr. Rogers is committed to partnering with families to provide exceptional, thorough, and compassionate care for her patients. 🌟

You can reach the Bozeman Health Pediatrics team at 406-414-4900.

