

HEART OF A CHAMPION DAY

 **Atrium Health**
Wake Forest Baptist

FREE

High School Sports Physicals June 1, 2024 • 9 a.m. to 1 p.m.

**Atrium Health Wake Forest Baptist
Orthopaedic and Sports Medicine – High Point
611 Lindsay St. | High Point, NC**

Heart of a Champion Day is an annual, free, sports-specific health screening for student-athletes entering grades 9 through 12. Screenings include:

- Review of medical history
- Vision exam
- Blood pressure screening
- Electrocardiogram (EKG)
- Orthopaedic screening (musculoskeletal exam)
- General sports screening
- Access to a mental health professional

Our unique heart screening provides each student-athlete with an EKG, which traces the heart's electrical activity. The test increases the chance of detecting a heart problem that could affect the ability to safely participate in sports.



REGISTER ONLINE NOW!

Email questions to hocdaywf@wakehealth.edu

PLEASE NOTE:

- This exam is a screening for high school sports only. It is not a complete physical. This screening does not replace the need for an annual physical with a doctor.
- PARENT OR GUARDIAN MUST SIGN ALL AUTHORIZATION FORMS FOR CHILDREN UNDER AGE 18.
- No physical activity 1 to 2 hours before screening.
- Heart screening requires access to the chest area – please dress appropriately. A loose fitting t-shirt and shorts are preferred.
- Skin on the chest area should be clean and dry. Please do not use any lotions, creams, oils, or powders on the skin of the chest on the day of the screening.
- If needed, wear contacts or bring glasses.



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