



Dear Parents/Guardians,

As you know all Academy of St. Elizabeth athletes are required to annually have a physical completed prior to the start of their sports season. To make the required physical less inconvenient, this year our team physician Dr. Dean Padavan is opening offices hours to perform comprehensive sports physicals for all our athletes.

Dr. Padavan is board-certified in both internal and sports medicine. A sports physical differs from an annual physical in a few ways. Specific history questions are asked related to athletes, and the physical exam puts extra emphasis on the cardiac, pulmonary, and musculoskeletal systems. Any Academy of St. Elizabeth athlete that has an abnormal cardiac evaluation will receive an EKG for further information. At the completion of the sports physical the physicians will offer sports specific advice and injury prevention strategies if indicated. **A sports physical should not take the place of your child's annual physical with their primary care physician.**

We strongly encourage all Academy of St. Elizabeth athletes to take advantage of this great opportunity and get their sports physical through Dr. Padavan. The specific sports physical dates and times are listed below, as well as the office's address. The fee for the physical is \$50, which will be collected at the time of the athlete's appointment. There is no extra fee for an EKG if one is indicated. To schedule a sports physical please email Dr. Padavan's Care Coordinator Danielle Palestina at [danielle.palestina@atlantichealth.org](mailto:danielle.palestina@atlantichealth.org).

Monday June 17, 2019	3pm – 5pm
Tuesday June 18, 2019	3pm – 5pm
Wednesday June 19, 2019	3pm – 5pm

Atlantic Sports Health  
111 Madison Ave, suite 408  
Morristown NJ 07960

**Please bring checks made out to the Academy of St. Elizabeth**