

Preparticipation examinations (PPE) are a rite of passage for many young athletes, and often a challenge for their health care providers. The parade of athletes that show up or call the office at the last minute, needing forms signed in order to start practice within several days, can be a source of frustration for providers and their staff. A study recently published in the *Clinical Journal of Sports Medicine* examined the PPE in clinical practice among AAP members and family practitioners in the state of Washington. Unfortunately, many pediatricians in this study reported significant barriers to effective performance of the PPE: 37% reported they were unsure how to perform the PPE physical assessment, 50% were uncertain about relative importance of each PPE component, 58% reported a lack of standardized approach to the PPE, and 63% felt they did not have enough time with patients during the PPE. These concerns are shared by pediatricians beyond the borders of Washington as well.

Fortunately, guidance for performing effective PPEs is readily available in *PPE: Preparticipation Physical Evaluation*, an AAP-published monograph, which was authored by the AAP, American Academy of Family Physicians, and four national sports medicine societies, and has been endorsed by the American Heart Association (AHA). In the Washington study, pediatricians who were aware of the PPE monograph reported significantly greater rates of comfort and satisfaction with these exams.

The monograph itself contains comprehensive information on performance of all components of the evaluation. However, many pediatricians will find the most significant aspects of this monograph are the history/physical and clearance forms, which reflect best practice and helps guide an efficient and effective evaluation. The comprehensive history form is available in English and Spanish and includes cardiac screening questions as recommended by the AHA. Forms for special needs athletes are included as well. The examination form provides systems-based reminders on the key aspects of the physical evaluation. For many pediatricians the musculoskeletal examination creates the most uncertainty, and an overview of the recommended 2-minute screening musculoskeletal exam can be found at http://med.stanford.edu/ppc/files/2-minute_MS.pdf.

The AAP's Council on Sports Medicine and Fitness (COSMF) home page (<http://www.aap.org/en-us/about-the-aap/Committees-Councils-Sections/Council-on-sports-medicine-and-fitness/Pages/default.aspx>) has links to multiple resources to assist pediatricians in caring for young athletes, including ACL injury prevention resources, and full text links to clinical reports and policy statements on concussion management and all AAP reports related to youth sports and fitness. Interested AAP members are encouraged to apply for COSMF membership to have access to member-only material.

The PPE forms can be downloaded for free and the full *PPE: Preparticipation Physical Evaluation* monograph can be purchased at: <http://www.aap.org/en-us/about-the-aap/Committees-Councils-Sections/Council-on-sports-medicine-and-fitness/Pages/PPE.aspx>