

Tennessee Sports Medicine Provides Sports Physicals

Long time team physicians step in to provide schools with needed service

Lebanon, TN – After an 'eleventh hour' announcement that area high school and junior high athletes would not be offered sports physicals, Tennessee Sports Medicine quickly organized and performed free physical exams over a two day period. On July 13, physicians and staff were at Lebanon High School for the service, while they were on hand on July 14 at Mt. Juliet High School.

Area physicians who were present included **Bernard Pare, MD** and **Cameron Shearer, MD** and staff from **West Wilson Family Practice**, as well as **Charles Kaelin, MD, Gregory White, MD, David West, DO, Steven Urban, MD**, and **Jeffrey York, MD** from Tennessee Sports Medicine. TSM staff, including physician assistants, physical therapy staff, nurses, medical assistants, clerical staff, assisted school athletic trainers.

The examinations included medical history, eye exam, height, weight, and blood pressure. Musculoskeletal screenings were performed to identify ongoing or potential problems related to joint injury, flexibility, or weakness. Screenings were also performed to rule out scoliosis and Marfan's Syndrome, a collagen disorder that can lead to sudden death in athletes. Physicians performed general medical screenings, as well. Specifically, heart-related conditions that may lead to sudden death in young athletes, such as hypertrophic cardiomyopathy.

Dr. Kaelin and Dr. White offered special thanks to University Medical Center for making available medical supplies requested for the event. They also offered thanks to the many individuals that came together to provide this much needed service. They vowed to plan a comprehensive sports physicals day at their new main office in Mt. Juliet, scheduled to open by the end of the year.

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