

Summer Camp and Sports Pre-participation Physicals – Dr. Charles P. Catania, MD

A sports or camp physical exam, also referred to as a sports or camp “clearance exam” is a pre-participation physical exam that helps determine if it is safe for your child to participate in sports or physical activities.

Most states require that kids have clearance exams before beginning camp or other activities. The evaluation typically involves a review of your child’s medical history and a physical exam. The provider may also evaluate your child’s heart, lungs, vision, mobility, and other vitals pertinent to sports participation. The exam may also involve a discussion of protective gear your child might need to prevent injury while participating in physical activity.

Our goal is to help reduce the risk of potential injury to your child while away from home. We will start by screening for any pre-existing conditions.

Part of your summer camp physical will also include reviewing any ongoing medical conditions. This screening will be important to identify those potential health problems, so they are not made worse, or cause any undo pain and suffering. This screening also becomes a great opportunity to provide tips to prevent the likelihood of injury, re-injury, or harm.

What should my child expect during their physical?

At PentaHealth we will:

- Review your child’s medical history.
- Ask about any use medications including prescriptions, vitamins, or dietary supplements.
- Perform a general Physical Exam including a check of your child’s heart, lungs, abdomen, ears, nose, and throat.
- Record height and weight.
- Check blood pressure, pulse, respirations, and oxygen saturation.
- Test your child’s vision.
- Test all major joints, strength, and flexibility.

Following the physical examination, the doctor will either sign a form from the camp or school provided by the parents allowing the child’s participation in camp or sporting activities, or request a follow-up exam, additional testing, or specific treatment for a medical problem.

Parents are reminded to have any forms required by camps and schools with them and to fill out their portions prior to the visit.

The main benefit of a sports and summer camp physical is that it allows your healthcare provider to identify and address problems or issues that may arise from participating in physical activity. This can make camp or sports more enjoyable and safer for everyone.

At your visit, you can also discuss practical ways for your child to maintain good nutrition and other health tips. The goal is to work together with your healthcare provider to enjoy activities to the fullest.

We look forward to seeing you at a PentaHealth location for your Camp or Sport Pre – participation physical. Remember we have Walk-In Hours at most of our office locations and we see patients on Sunday in our PentaHealth Today Clinic, please refer to our website for times. We take pride in wanting to care for you and your loved ones when you need the care, so call us first 24/7, we would love to help.

Dr. Charles P. Catania, is the Chief Medical Officer for PentaHealth, he is Board Certified in Family Medicine and Hospice Medicine. He received his medical degree from the American University of the Caribbean School of Medicine; medically trained in England; and completed residency at Underwood Memorial Hospital in Woodbury, New Jersey, where he was named Chief Resident in 2009 and served on the New Jersey Academy of Family Physicians Board of Directors.

Dr. Catania has been in a private practice setting since 2010 and has been named “Readers’ Choice Top Doc” in South Jersey Magazine in August 2013, and “Top Doc” by his peers in Mainline Today Magazine in 2016, 2018, 2019, 2020, 2021, and 2022.

Dr. Catania has an interest in all facets of family medicine. He enjoys spending time and getting to know his patients on a personal level and providing care when they need it most. He loves working our walk-in hours and in our PentaHealth Today clinic on Sundays.

He treasures time with his wife and children, and he takes pride in bringing a very personal and friendly experience when caring for his patients here at PentaHealth.



Dr. Charles P. Catania