

FOR IMMEDIATE RELEASE

Contact: Alex Groves
Senior Public Information Specialist
951-675-7414 (cell) | a.groves@ruhealth.org

Game On: Back-to-School Season Kicks off With Sports Physicals for Student Athletes

MORENO VALLEY, CA (Aug. 15, 2024) – The school year is getting underway for Riverside County students and that means parents are preparing their children for the classroom and the field. For those who play a sport, Riverside University Health System (RUHS) doctors can help with required physicals.

“It’s best to schedule a sports physical one to two months prior to a sports season,” said Dr. Uziel Saucedo, Director of the RUHS Sports Medicine Fellowship. “This ensures your student athlete is seen by a doctor and is healthy enough for the physical activity sports require.”

The athletic clearance form is typically available through a school’s website or the [American Academy of Pediatrics](#) website. Parents of athletes should confirm specific paperwork deadlines with the school.

According to Dr. Saucedo, a standard sports physical examines a student athlete’s family history, concussion history, current medications and medical conditions.

Physicals can be scheduled at any of RUHS’ Community Health Centers by calling 1-800-720-9553. The clinics are conveniently located throughout Riverside County, from Corona to Indio.

RUHS’ Mobile Health Clinic buses also conduct sports physicals. To schedule an appointment, call 833-434-2229.

Dr. Saucedo is one of the providers at the Moreno Valley clinic who makes sure student athletes are good to go. In some cases, a student may not immediately be cleared to play sports because something during the screening process or physical requires additional blood work, X-rays or follow up tests, but Saucedo encourages parents to have patience and be willing to work through the process.

“This is an added step to make sure a child does not have any life-threatening conditions,” he said. “There are very few conditions that prevent an athlete from



Medical Center | Community Health Centers | Public Health | Behavioral Health

participating partially or even fully in sports. We love to see young people pursuing their passion while being physically active.”

To make an appointment, visit: RUHealth.org/community-health-centers.

###

About Riverside University Health System

The 439-bed Riverside University Health System (RUHS) Medical Center in Moreno Valley, Calif., is a teaching hospital and research hub with a Level I Trauma Center and the only Pediatric Intensive Care Unit in Riverside County. RUHS includes 14 Community Health Centers across Riverside County, the Public Health Department, and Behavioral Health, which provides emergency and inpatient psychiatric care. Visit RUHealth.org to learn more.