



CONTACT: Alexa Valencia
832.299.5228, avalencia@legacycommunityhealth.org

Legacy Community Health Gears Up for Sports Physicals and Immunizations *Back-to-School vaccines offered during wellness visits*

HOUSTON, TX – (August 9, 2023) In just a few days and weeks, parents will be preparing lunch boxes and sending their kids back to school, but if your child isn't up-to-date on their vaccines or requires a physical for sports activities, wait no longer.

At Legacy Community Health clinics, sports physicals are often available the same week they are scheduled.

These exams are crucial in catching any potential health risks in young athletes. Recently, LeBron James' son, Bronny James, collapsed due to cardiac arrest during a basketball practice. According to the [Los Angeles Times](#), he had no history of heart issues and was "fit and healthy".

"The main purpose of the physical exam is to reduce the risk of serious injury or death that may have been avoided if not for screening," says [Dr. Tamisha Jones](#), Legacy Community Health Associate Chief of Clinical Services. "We strive to assure a child is safely able to participate in sports."

The state of Texas requires annual sports physicals (or pre-participation exams) for any student who wants to participate in school sports.

"Additionally, sports and extracurricular activities are healthy ways for children and teens to build problem-solving skills, boost self-esteem and reduce stress and depression," says Dr. Jones.

At Legacy, sports physicals are not as comprehensive as a regular physical or wellness visit. No lab work is drawn and issues not related to sports participation are generally not discussed.

If parents wish to schedule a child's wellness visit and also need a sports physical, both can be done as part of the same visit.

Additionally, vaccines may be requested during pediatric wellness visits. For more information, visit legacycommunityhealth.org/services/vaccinations-immunizations.

Legacy offers both well-child exams and sports physicals at various locations across Houston. To make an appointment or for questions, call (832) 548 5000.

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About Legacy Community Health

Legacy Community Health is a full-service healthcare system comprised of over 50 locations in the Texas Gulf Coast region offering primary and specialty care, as well as pharmacy services. For over 40 years, Legacy has been innovating how comprehensive, quality healthcare services are delivered to communities. Legacy is the largest Federally Qualified Health Center (FQHC) in Texas and a United Way affiliated agency since 1990. Legacy ensures its services and programs are open to all—without judgment or exception. To learn more, visit www.legacycommunityhealth.org.