



# Atlantic Sports Health



Atlantic  
Health System

Dear Parents/Guardians,

As you know all student-athletes are required to annually have a pre-participation physical completed. Failure to turn in a pre-participation physical before the required deadline may result in your student-athlete being delayed from starting their sport on time. To make the physical process more convenient, our team physician Dr. Derrick Heydinger and his staff are available to perform pre-participation physicals for Wardlaw-Hartridge student-athletes.

Dr. Heydinger is board-certified in both family and sports medicine. A pre-participation physical differs from an annual well visit in a few ways. The history and the physical exam put extra emphasis on the cardiac, pulmonary, and musculoskeletal systems and how they should properly function in athletes. Any student-athlete that has an abnormal cardiac exam during their pre-participation physical will receive an EKG the same day. At the completion of the pre-participation physical the physicians will offer sports specific advice and injury prevention strategies if indicated. **A pre-participation physical should not take the place of your child's annual well visit with their primary care physician.**

Pre-participation physicals take place year-round at Dr. Heydinger's office and may be scheduled prior to the start of your student-athlete's sport's season. To schedule an appointment for a physical please call Dr. Heydinger's office at 732-943-5042. The fee for the physical is \$50 which will be collected at the time of the appointment. Checks made out to "Wardlaw-Hartridge School" will be the only form of payment accepted. There is no extra fee for an EKG if one is indicated. When your student-athlete's primary care provider is unable to complete their pre-participation physical we strongly encourage you to take advantage of this great alternative option with Atlantic Health System.

If you would like to sign up, please fill out the form below. A member of the sports medicine staff will reach out to schedule your appointment once this is complete.

[On Campus Physical Exam Registration](#)

Thank you.