

Physicals
are just
\$49

Your Kids and Sports:

Things to Consider

Children benefit in many ways from sports. In addition to the physical benefits, sports help a child develop focus, judgement, teamwork and self-esteem. While sports are good for kids, participating in sports may lead to injuries. Here are some quick tips to keep your young athlete healthy.



Get a sports physical



Stay hydrated



Play by the rules



Don't overdo it



Warm up & cool down



Have fun!



Cypress Area Physical Options

Dr. Amit Parikh

Family Practice and Sports Medicine

14315 Cypress Rosehill Rd. #180

Cypress, TX 77429

(281) 374-9400

\$60 Sports Physical

Memorial Hermann Medical Group Cypress

Dr. David Gould, Dr. Katherine Holzman, Dr. Lillian Howard, Dr. Santpurkar

Family Medicine & Primary Care

13114 FM 1960 Rd. W #120

Houston, TX 77065

(281) 890-6446

\$30 Sports Physical

Memorial Hermann Medical Group

Dr. Claire Kim

Family Medicine, Primary Care

27700 NW Fwy #601

Cypress, TX 77429

(346) 231-6850

\$30 Sports Physical

Memorial Hermann Medical Group Katy Primary Care Sports Medicine

Dr. Benedict Ifedi, Dr. Noor Alzarka

Family Medicine, Primary Care

23910 Katy Fwy #200

Katy, TX 77493

(281) 500-6120

\$30 Sports Physical