
Free sports physicals and heart screenings help hundreds of Polk County student-athletes get ready for new season

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More than 650 student-athletes received exams during the events held at Davenport High School and Lake Wales High School.

(photo courtesy: AdventHealth)

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DAVENPORT, Fla. (Monday, June 22, 2026) -- As families across Polk County prepare for the upcoming school sports season, AdventHealth teamed up with local schools and partners to help ensure student-athletes are ready to participate safely. Through recent events in Davenport and Lake Wales, families were able to access free sports physicals and electrocardiogram (ECG) heart screenings, providing an important step toward protecting students' health while offering added reassurance for parents.

More than 650 student-athletes from 12 schools received exams during the events held at Davenport High School and Lake Wales High School. ECG screenings were also provided to nearly 500 students in partnership with [Who We Play For](#).

Sports physicals and ECG screenings play a key role in identifying potential health concerns early, including heart-related conditions that often do not show symptoms. By making these services available in familiar school settings, AdventHealth is helping remove barriers to care and bringing preventive health resources closer to where families live and learn.

"School sports bring young people together and support their physical and emotional well-being, and it's important that every student has the opportunity to participate safely," said AdventHealth Polk Market chief medical officer Dr. Sathya Ramakrishnan who participated in the DHS event. "Providing these services in the community helps families take an important step in protecting their child's health, while making it easier for students to stay active and engaged in the activities they enjoy."

These events also helped make it easier for parents and their children to get ahead of Florida's new student-athlete safety requirements. Beginning with the 2026–2027 school year, the state's new [Second Chance Act](#) will require students to complete an ECG heart screening before participating in interscholastic athletics for the first time.

For families who were unable to attend, AdventHealth Centra Care locations in Polk County will offer sports physicals and ECGs. To learn more or schedule a visit, you can go to [AdventHealthCentraCare.com](#).



*As part of the sports physicals, students also underwent musculoskeletal exams.
(photo courtesy: AdventHealth)*



*The events also helped make it easier for parents and their children to get ahead of Florida's new student-athlete safety requirements.
(photo courtesy: AdventHealth)*

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