



Sports Physicals at OMC FastCare!

Olmsted Medical Center's FastCare Clinics offer no-appointment sports physicals at both FastCare locations. (However, we do not offer adaptive athletic physicals at these locations.) New this year: you are able to make an online reservation for sports physicals at a time that works best for you at either one of OMC's FastCare clinics.

FastCare Hours

Monday through Friday, 8:30 AM to 8:00 PM

Saturday, 8:30 AM to 5:00 PM

Sunday, 10:00 AM to 5:00 PM

Closed on Holidays

Appointments

No appointments necessary - service is on a walk-in basis. Come on a day and at a time that is convenient for you.

To make a reservation at FastCare, visit our website at <https://www.olmmed.org/wait-times/> and select which FastCare location you prefer. Please select "Sports Physical" in the select a reason box.

Locations

FastCare North

Shopko North
3708 Highway 63 North
Rochester, MN
(Next to Paragon Chateau Theatres)

FastCare South

Shopko South
2820 South Broadway
Rochester, MN
(Next to Menards)

If visiting FastCare for a sports physical, please bring the following three items with you:

1. Fully completed and signed MSHSL Sports Qualifying Physical Examination Clearance Form. *Your parent/guardian must come with you in order for us to complete the physical.* (We have the MSHSL forms at each FastCare location—parents/guardians can complete and sign the forms on-site.)
2. Glasses or contacts if you wear them.
3. Your current immunization record. FastCare does not provide immunizations. If you need immunizations, we will refer you to your primary healthcare provider.

Cost:

\$55.00, which must be paid at the time of the physical.