



Chiro One Now Offering Sports Physicals at Select St. Louis and Kansas City Area Clinics

Sports physicals are now available at select Chiro One clinics in the St. Louis and Kansas City areas. Schedule early for school, club, and recreational sports.

KANSAS CITY, MO, UNITED STATES, August 6, 2026 /EINPresswire.com/ -- As the school year approaches and student athletes prepare to resume school sports, club teams, and recreational leagues, Chiro One is making it easier for families to check an important preseason task off their list. Sports physicals are now available at select Chiro One clinics throughout the St. Louis and Kansas City metro areas.

The new service is available for athletes of all ages participating in organized sports and recreational activities. By offering sports physicals alongside chiropractic care, Chiro One provides an opportunity for athletes to not only meet participation requirements but also address aches, injuries, mobility concerns, and movement patterns before the season begins.

"A sports physical is more than a requirement for participation—it's an opportunity to help young athletes start the season safely and confidently," said Dr. Nicholas Insolita, D.C. B.S, Doctor of Chiropractic at Chiro One. "During these appointments, we can answer questions, discuss previous injuries or current aches, and help athletes and their families better understand what it takes to stay healthy throughout the season. Our goal is to help every athlete step onto the field, court, or track feeling prepared to perform at their best."

A More Comprehensive Sports Physical Experience

Unlike a standard sports physical alone, new patients receive both a comprehensive chiropractic evaluation and their required sports physical during a single Day 1 appointment. This allows the doctor to evaluate overall movement, discuss any current pain or previous injuries, and answer questions that could help athletes perform at their best throughout the season.

Current Chiro One patients can also complete their sports physical during an existing scheduled appointment by asking the clinic's front desk to add the service.

Athletes should bring the sports physical form required by their school, club, or league to their appointment.

Schedule Early Before the Season Begins

With fall sports approaching and appointment availability expected to fill quickly, Chiro One

encourages families to schedule early to secure their preferred appointment time.

Sports physicals are currently available at the following participating clinics:

Kansas City Area

- Park Hill
- Overland Park North
- Blue Springs
- Lenexa
- Liberty

St. Louis Area

- Richmond Heights West
- Creve Coeur
- Central West End
- Wentzville
- St. Peters
- St. Charles Zumbehl
- Ellisville
- O'Fallon, Missouri

When scheduling a new patient appointment by phone or during a community event, families should let the clinic know a sports physical is needed so it can be added to the appointment notes.

For more information or to [schedule an appointment](#), visit Chiro One online or contact a participating clinic.

About Chiro One

[Chiro One Wellness Centers](#) is one of the nation's largest privately owned chiropractic organizations, helping patients move better, feel better, and live healthier lives through evidence-informed chiropractic care. With clinics throughout the Midwest and beyond, Chiro One is committed to making high-quality musculoskeletal care accessible to individuals and families in the communities it serves.

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