



# HOW TO REGISTER FOR COSM SPORTS PHYSICALS

## Step-by-Step Registration Guide

Follow the simple steps below to register your student-athlete for a free sports physical at Capital Orthopaedics & Sports Medicine. The whole process takes just a few minutes.

### Step 1: Go to the Website & Create Your Account

Visit [dsmcapitalortho.com/sports-physicals](https://dsmcapitalortho.com/sports-physicals) and click "**Register Now.**" You'll be taken to the HURT! scheduling platform to create your account.

The parent or guardian registering the athlete will need to complete the Primary Account Holder form with your name, date of birth, gender, address, email, and a password. This is a one-time setup.

**Primary Account Holder** Cancel X

First Name \*  Last Name \*  Birth Date \*  Gender \*

Address \*  Email \*

Password \*  Confirm Password \*

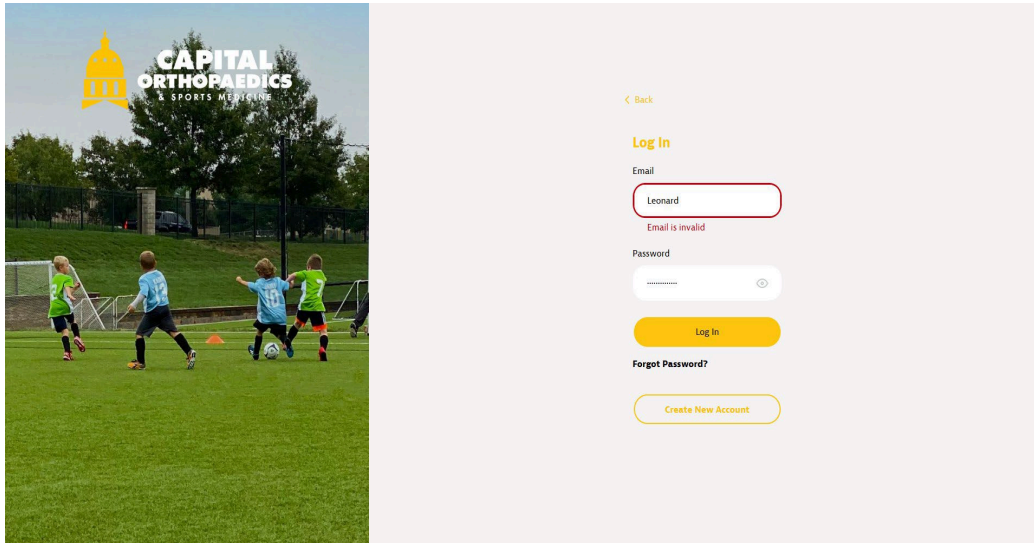
- 8 character minimum
- One lowercase character
- One uppercase character
- One number

I have read and accept [Terms of Use](#) and [Privacy Policy](#)

**Next**

### Step 2: Log In (Existing HURT! Users)

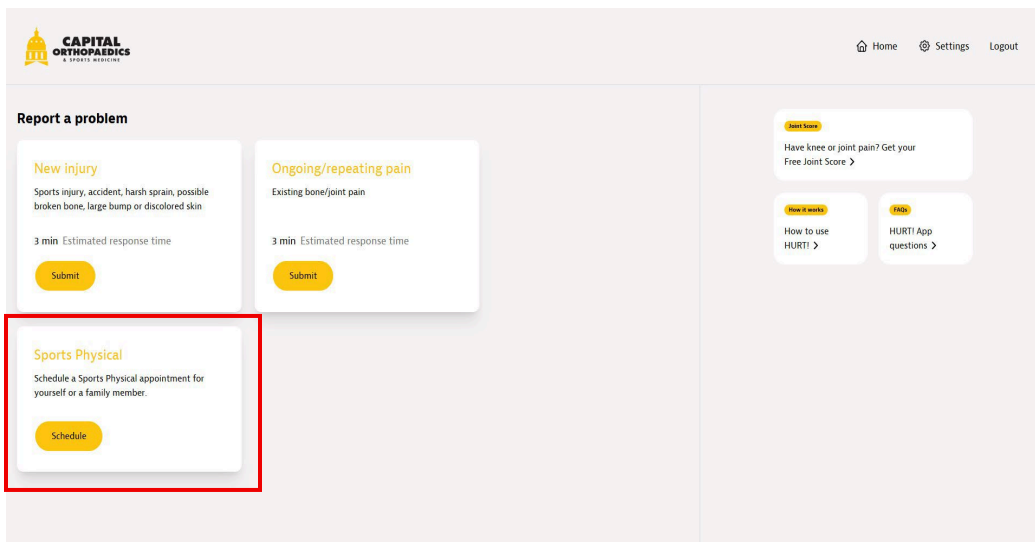
If you've used HURT! before, you'll be redirected to log in with your existing email and password. No need to create a new account — just sign in and you're ready to go.



You only need to create an account once — you can use it later to manage, cancel, or reschedule your appointment.

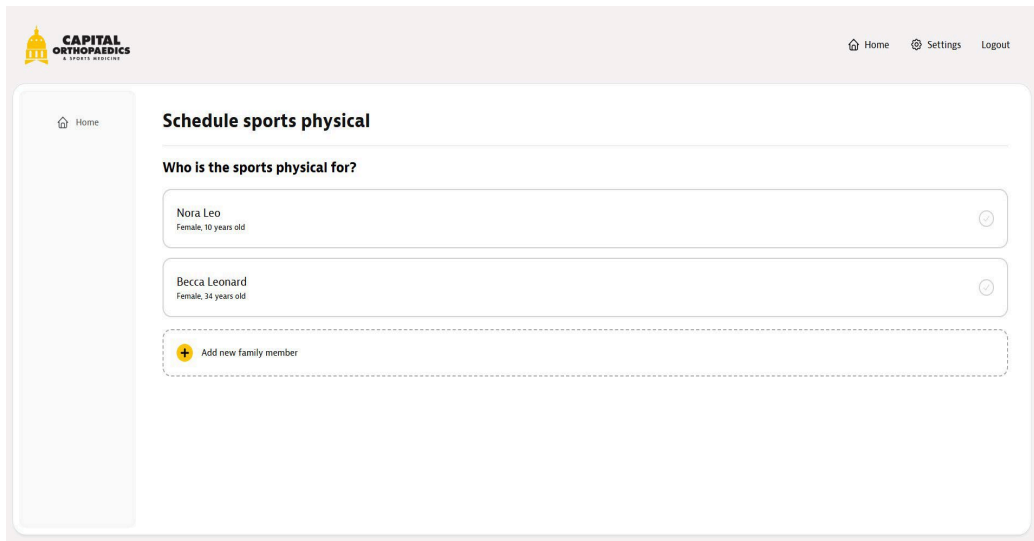
### Step 3: Select "Sports Physical"

Once logged in, you'll see the home screen with several options. Look for the Sports Physical card and click "Schedule."



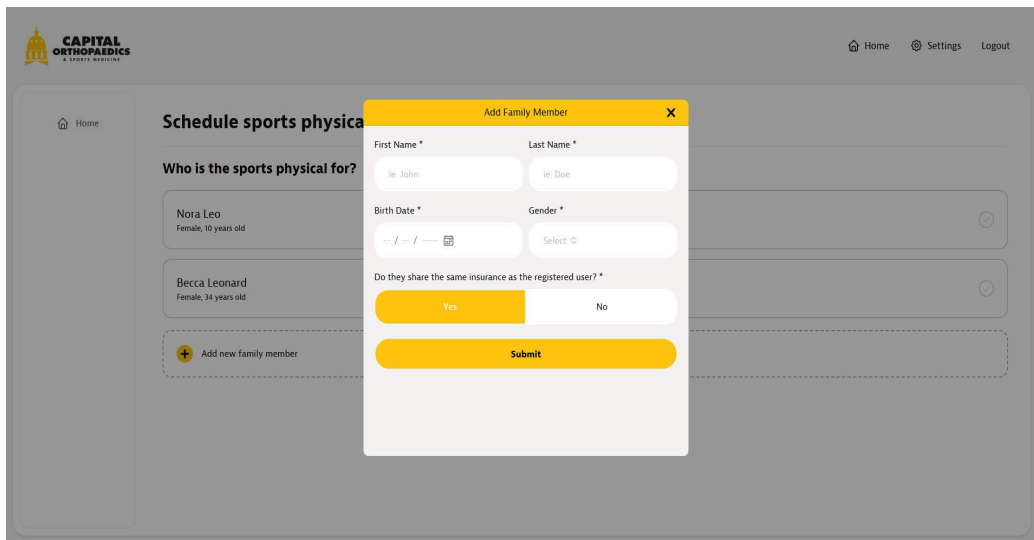
## Step 4: Select Who the Physical Is For

Choose the family member who needs the sports physical from the list. If your athlete isn't listed, click "Add new family member" and enter their first name, last name, date of birth, and gender.



The screenshot shows the 'Schedule sports physical' page. At the top, there is a navigation bar with 'Home', 'Settings', and 'Logout'. Below the navigation bar, the page title is 'Schedule sports physical'. Underneath, the question 'Who is the sports physical for?' is displayed. There are two selection cards: one for 'Nora Leo, Female, 10 years old' and another for 'Becca Leonard, Female, 34 years old'. Below these cards is a dashed box containing a plus icon and the text 'Add new family member'.

### Adding a new family member:



The screenshot shows the 'Add Family Member' modal form. The modal has a title bar with 'Add Family Member' and a close button. It contains the following fields: 'First Name \*' with a placeholder 'ie: John', 'Last Name \*' with a placeholder 'ie: Doe', 'Birth Date \*' with a date picker showing '--/--', and 'Gender \*' with a dropdown menu showing 'Select:'. Below these fields is a question: 'Do they share the same insurance as the registered user? \*' with two radio buttons, 'Yes' and 'No'. At the bottom of the modal is a yellow 'Submit' button.

**Registering multiple athletes?** You'll need to complete a separate registration for each one. After finishing the first, return to the home screen and start again for the next athlete.

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## Step 5: Choose Your Location & Date

Select the event that works best for your family:

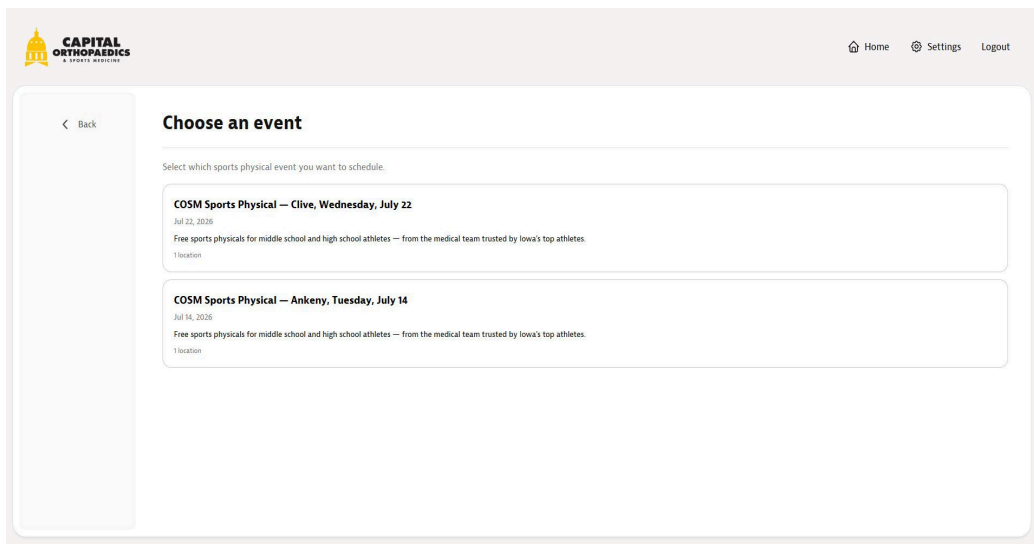
### **COSM Sports Physical — Ankeny, Tuesday, July 14**

5:00–8:00 PM

### **COSM Sports Physical — Clive, Wednesday, July 22**

5:00–8:00 PM

After selecting a location, choose your preferred time slot on the next screen.



## Step 6: Complete the Required Information

Fill in the details about your athlete, including their school, upcoming grade, sport(s), and whether they've previously been a COSM patient. Fields marked with an asterisk (\*) are required.



The screenshot shows a web form titled "Questions" with a "Back" link. The form is divided into several sections:

- Who is this for?**: A text input field containing "Test Test".
- Name of Athlete's School \***: A text input field with a placeholder "Please enter the name of the school the athlete will be participating in sports at."
- Grade (upcoming) \***: A dropdown menu with a placeholder "Please enter the grade the athlete will be in for the upcoming school year."
- Has the athlete previously been a patient of Capital Orthopaedics & Sports Medicine? \***: A dropdown menu with a placeholder "Select an option".
- Sports \***: A list of radio button options: Football, Soccer, Basketball, Volleyball, Baseball/Softball, Track & Field, Swimming, Wrestling, Tennis, and Football (partially visible).

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## Step 7: Confirm & Add to Your Calendar

Once you've completed registration, you'll see a confirmation screen with your appointment details. You'll have the option to add the event directly to your calendar so you don't forget.

You'll also receive a confirmation email with everything you need, including what to bring and directions to the location. Reminders will be sent automatically before your visit.

***\*Please check your spam folder as these messages may get stuck.***

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## Need to Cancel or Reschedule?

Log into your HURT! account at any time to view, modify, or cancel your appointment. If you cancel, your time slot will be released for another family.

Having trouble? Email [sportsphysicals@dsmcapitalortho.com](mailto:sportsphysicals@dsmcapitalortho.com) and we'll help you out.

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## What to Bring to Your Appointment

- Completed IHSAA Pre-Participation Physical Form (download at [dsmcapitalortho.com/sports-physicals](http://dsmcapitalortho.com/sports-physicals))



Glasses or contacts, if your athlete wears them

- Comfortable, athletic clothing (shorts and a t-shirt)

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## Questions?

**Email:** [sportsphysicals@dsmcapitalortho.com](mailto:sportsphysicals@dsmcapitalortho.com)

**Phone:** (515) 440-2676

**Website:** [dsmcapitalortho.com/sports-physicals](http://dsmcapitalortho.com/sports-physicals)

**The whole visit takes about 30 minutes. Your athlete will leave cleared to play.**