

What does **Tanner Score** mean on the Physical Maturity form?

Tanner score refers to the stage of puberty development in a young person.

Tanner 1 is preadolescent and means there are no signs of puberty.

Tanner 2 means that there are very early signs and changes related to puberty.

Tanner 3 indicates that there are increasing signs of puberty growth.

Tanner 4 means that puberty growth and changes are nearing adult stage.

Tanner 5 is adult level maturity.

It is important to evaluate the Tanner stage of a young athlete because it reflects the level of bone growth, hormonal changes, and muscle development that their body has gone through or still needs to go through.

Physical maturity is not just measured only by the Tanner score; it includes assessment of the student athlete's height, weight, and muscle mass as it compares to the athletes that he/she would compete against.

If you have questions about a Tanner Score or need a re-evaluation, please discuss it with your healthcare provider.

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