

PREPARTICIPATION PHYSICAL EXAMINATION

Athlete's Name _____ Sex _____ Age _____ Date of Birth _____

Height _____ Weight _____ % Body fat (optional) _____ Pulse _____ BP ____/____

Vision R 20/____ L 20/____ Corrected: Y N Pupils: Equal _____ Unequal _____

This Physical Examination Form must be completed prior to athletic participation. **A new physical is required yearly. You must be cleared for participation prior to each athletic year.**

| | NORMAL | ABNORMAL FINDINGS | INITIALS* |
|--|--------|-------------------|-----------|
| MEDICAL | | | |
| Appearance | | | |
| Eyes/Ears/Nose/Throat | | | |
| Lymph Nodes | | | |
| Heart-Auscultation of the heart in the supine position. | | | |
| Heart-Auscultation of the heart in the standing position | | | |
| Heart-Lower extremity pulses | | | |
| Pulses | | | |
| Lungs | | | |
| Abdomen | | | |
| Genitalia (males only) | | | |
| Skin | | | |
| MUSCULOSKELETAL | | | |
| Neck | | | |
| Back | | | |
| Shoulder/Arm | | | |
| Elbow/Forearm | | | |
| Wrist/Hand | | | |
| Hip/Thigh | | | |
| Knee | | | |
| Leg/Ankle | | | |
| Foot | | | |

*station-based examination only

CLEARANCE

Cleared
 Cleared after completing evaluation/rehabilitation for: _____

Not cleared for: _____ Reason: _____

Recommendations: _____

The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.

Name (print/type) _____ Date of Examination: _____

Address: _____

Phone number: _____

Signature: _____

Sport Preparticipation Health History Form

Name _____ Sex _____ Age _____ Date of Exam _____
 Address _____ Phone _____ Date of Birth _____
 Personal Physician _____ Phone _____
 Sport you are participating in _____

Circle questions you don't know the answers to. Explain "Yes" answers below.

- | | Yes | No | | Yes | No |
|---|--------------------------|--------------------------|---|----------------------------------|------------------------------------|
| 1. Have you had a medical illness or injury since your last checkup or sports physical? | <input type="checkbox"/> | <input type="checkbox"/> | 10. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (such as a knee brace, neck roll, foot orthotics, teeth retainer or hearing aid)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Have you ever been hospitalized overnight? | <input type="checkbox"/> | <input type="checkbox"/> | 11. Have you had any problems with your eyes or vision? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Are you currently taking any prescription or non-prescription (over-the-counter) medications, or pills or using an inhaler? Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance? | <input type="checkbox"/> | <input type="checkbox"/> | 12. Have you ever had a sprain, strain or swelling after an injury? Have you broken or fractured any bones or dislocated any joints? Have you had any other problems with pain or swelling in muscles, tendons, bones or joints. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you have any allergies, for example, to pollen, medicine, food or stinging insects? Have you ever had a rash or hives develop during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | Head <input type="checkbox"/> | Elbow <input type="checkbox"/> | Thigh <input type="checkbox"/> |
| 5. Have you ever passed out during or after exercise? Have you ever been dizzy during or after exercise? Have you ever had chest pain during or after exercise? Do you get tired more quickly than your friends do during exercise? Have you ever had racing of your heart or skipped heartbeats? Have you had high blood pressure or high cholesterol? Have you ever been told you have a heart murmur? Has any family member or relative died of heart problems or of sudden death before age 50? Have you had a severe viral infection (for example myocarditis or mononucleosis) within the past month? Has a physician ever denied or restricted your participation in sports for any heart problems? | <input type="checkbox"/> | <input type="checkbox"/> | Neck <input type="checkbox"/> | Forearm <input type="checkbox"/> | Knee <input type="checkbox"/> |
| 6. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus or blisters)? | <input type="checkbox"/> | <input type="checkbox"/> | Back <input type="checkbox"/> | Wrist <input type="checkbox"/> | Shin/Calf <input type="checkbox"/> |
| 7. Have you ever had a head injury or concussion? Have you ever been knocked out, become unconscious or lost your memory? Have you ever had a seizure? Do you have frequent or severe headaches? Have you ever had numbness or tingling in your arms, hands, legs or feet? | <input type="checkbox"/> | <input type="checkbox"/> | Chest <input type="checkbox"/> | Hand <input type="checkbox"/> | Ankle <input type="checkbox"/> |
| 8. Have you ever become ill from exercising in the heat? | <input type="checkbox"/> | <input type="checkbox"/> | Shoulder <input type="checkbox"/> | Finger <input type="checkbox"/> | Foot <input type="checkbox"/> |
| 9. Do you cough, wheeze or have trouble breathing during or after activity? Do you have asthma? Do you have seasonal allergies that require treatment? | <input type="checkbox"/> | <input type="checkbox"/> | Upper Arm <input type="checkbox"/> | Hip <input type="checkbox"/> | |
| | | | if yes, check box and explain below | | |
| | | | 13. Do you want to weigh more or less than you do now? Do you lose weight regularly to meet weight requirements for your sport? | <input type="checkbox"/> | <input type="checkbox"/> |
| | | | 14. Do you feel stressed out? | <input type="checkbox"/> | <input type="checkbox"/> |
| | | | Females Only | | |
| | | | 15. When was your first menstrual period? _____ When was your last period? _____ How much time do you usually have between your periods? _____ How many periods have you had in the past 12 months? _____ What was the longest time between periods in the past year? _____ | | |
| | | | Explain "yes" answers here: _____ _____ _____ _____ | | |

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____

Date _____