

# Preparticipation Physical Evaluation

Revised 7/1/05  
Mandatory

Date of Exam \_\_\_\_\_

**HISTORY FORM**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of birth \_\_\_\_\_  
 Grade \_\_\_\_\_ School \_\_\_\_\_ Sport (s) \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_  
 Personal Physician \_\_\_\_\_

**In case of emergency, contact:**

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (H) \_\_\_\_\_ Phone (W) \_\_\_\_\_

**Explain "Yes" answers below.  
 Circle questions if you do not know the answers.**

Yes No

1. Has a doctor ever denied or restricted your participation in sports for any reason?  Yes  No
2. Do you have an ongoing medical condition (like diabetes or asthma)?  Yes  No
3. Are you currently taking any prescription or non-prescription (over the counter) medicines or pills?  Yes  No
4. Do you have allergies to medicines, pollens, foods, or stinging insects?  Yes  No
5. Have you ever passed out or nearly passed out DURING exercise?  Yes  No
6. Have you ever passed out or nearly passed out AFTER exercise?  Yes  No
7. Have you ever had discomfort, pain, or pressure in your chest during exercise?  Yes  No
8. Does your heart race or skip beats during exercise?  Yes  No
9. Has a doctor ever told you that you have (check all that apply):  
 High blood pressure       A heart murmur  
 High cholesterol       A heart infection
10. Has a doctor ever ordered a test for your heart? (for example: ECG, echocardiogram)  Yes  No
11. Has anyone in your family died for no apparent reason?  Yes  No
12. Does anyone in your family have a heart problem?  Yes  No
13. Has any family member or relative died of heart problems or sudden death before age 50?  Yes  No
14. Does anyone in your family have Marfan syndrome?  Yes  No
15. Have you ever spent the night in a hospital?  Yes  No
16. Have you ever had surgery?  Yes  No

24. Do you cough, wheeze, or have difficulty breathing during or after exercise?  Yes  No
  25. Is there anyone in your family who has asthma?  Yes  No
  26. Have you ever used an inhaler or taken asthma medicine?  Yes  No
  27. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?  Yes  No
  28. Have you had infectious mononucleosis (mono) within the last month?  Yes  No
  29. Do you have any rashes, pressure sores, or other skin problems?  Yes  No
  30. Have you had a herpes skin infection?  Yes  No
  31. Have you ever had a head injury or concussion?  Yes  No
  32. Have you been hit in the head and been confused or lost your memory?  Yes  No
  33. Have you ever had a seizure?  Yes  No
  34. Do you have headaches with exercise?  Yes  No
  35. Have you ever had numbness, tingling or weakness in your arms or legs after being hit or falling?  Yes  No
  36. Have you ever been unable to move your arms or legs after being hit or falling?  Yes  No
  37. When exercising in the heat, do you have severe muscle cramps or become ill?  Yes  No
  38. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?  Yes  No
  39. Have you had any problems with your eyes or vision?  Yes  No
  40. Do you wear glasses or contact lenses?  Yes  No
  41. Do you wear protective eyewear, such as goggles or a face shield?  Yes  No
  42. Are you happy with your weight?  Yes  No
  43. Are you trying to gain or lose weight?  Yes  No
  44. Has anyone recommended that you change your weight or eating habits?  Yes  No
  45. Do you limit or carefully control what you eat?  Yes  No
  46. Do you have any concerns that you would like to discuss with a doctor?  Yes  No
- FEMALES ONLY**
47. Have you ever had a menstrual period?  Yes  No
  48. How old were you when you had your first menstrual period? \_\_\_\_\_
  49. How many periods have you had in the last 12 months? \_\_\_\_\_

**Explain "Yes" answers here:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

17. Have you ever had an injury, like a sprain, muscle, or ligament tear, or tendonitis, that caused you to miss a practice or game? If yes, circle affected area below:									
18. Have you had any broken or fractured bones or dislocated joints? If yes, circle below:									
19. Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below:									
Head	Neck	Shoulder	Upper Arm	Elbow	Forearm	Hand/Fingers	Chest		
Upper Back	Lower Back	Hip	Thigh	Knee	Calf/Shin	Ankle	Foot/Toes		

20. Have you ever had a stress fracture?  Yes  No
21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?  Yes  No
22. Do you regularly use a brace or assistive device?  Yes  No
23. Has a doctor ever told you that you have asthma or allergies?  Yes  No

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

Signature of Athlete \_\_\_\_\_ Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

# Preparticipation Physical Evaluation

PHYSICAL EXAMINATION

DATE OF EXAM \_\_\_\_\_

This page to be completed by physician/nurse practitioner/physician assistant.

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ % Body Fat (optional) \_\_\_\_\_ Pulse \_\_\_\_\_ BP \_\_\_\_\_

Vision R 20 / \_\_\_\_\_ L 20/ \_\_\_\_\_ Corrected? Y N Pupils - Equal \_\_\_\_ Unequal \_\_\_\_ Hearing \_\_\_\_

	NORMAL	ABNORMAL FINDING	INITIALS*
<b>MEDICAL</b>			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
<b>MUSCULOSKELETAL</b>			
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 [Sport(s)]: \_\_\_\_\_ Reason: \_\_\_\_\_

Recommendation: \_\_\_\_\_

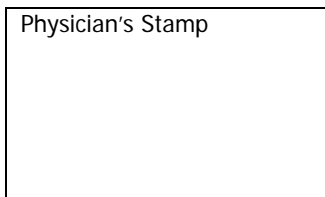
\_\_\_\_\_

\_\_\_\_\_

Name of physician/nurse practitioner/physician assistant (print/type) \_\_\_\_\_ Date \_\_\_\_\_

Address: \_\_\_\_\_ Telephone \_\_\_\_\_

Signature of physician/nurse practitioner/physician assistant: \_\_\_\_\_  
MD/nurse practitioner/physician assistant



PARTICIPATION PHYSICAL EVALUATION (MONOGRAPH). KANSAS CITY, MO: AMERICAN ACADEMY OF FAMILY PHYSICIANS, AMERICAN ACADEMY OF PEDIATRICS, AMERICAN MEDICAL SOCIETY FOR SPORTS MEDICINE, AMERICAN ORTHOPAEDIC SOCIETY FOR SPORTS MEDICINE, AMERICAN OSTEOPATHIC ACADEMY OF SPORTS MEDICINE, 1992, 1996

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