

2007/08 Portage Schools Pre-participation Physical Exam

NAME _____		Date of Birth _____	
Sex _____	Age _____	Grade _____	School _____
Father's/Guardian's Name _____		Mother's/Guardian's Name _____	
Home Address _____		Phone _____	
<u>In Case of Emergency, Contact</u>			
Name _____	Relationship _____	Phone _____	Athlete's Physician _____
Name _____	Relationship _____	Phone _____	

<u>INSURANCE STATEMENT AND MEDICAL HISTORY</u>	
Our son/daughter will comply with the specific insurance regulations of the school district.	
Family Insurance Co. _____	Contract# _____
<u>Signature of Parent or Guardian or 18-Year-Old</u> _____	

HISTORY Instructions: Check the box next to any questions that are applicable. Explain your answers in the space provided at the bottom.

Past Medical History

- Have you had a medical illness (other than cold or flu) since your last sports physical?
- Have you had a serious injury (sports related or not) since your last sports physical?
- Do you have any ongoing or chronic illnesses?
- Have ever had any major surgery (other than tonsillectomy, adenoidectomy, or tooth extraction)?
- Are you aware of any missing paired organs (ie. Eye, kidney, lung, or male/female genitalia)?

Medications, Supplements, and Allergies

- Are you currently taking any prescription medications?
- Has a doctor ever prescribed a mouth or nose inhaler?
- Are you currently taking any non-prescription or "over-the-counter" medications?
- Have you ever taken (or are you currently taking) any supplements to improve your performance?
- Have you ever taken (or are you currently taking) supplements to lose or gain weight?
- Do you have any allergies to medication?
- Do you have environmental allergies (ie. Molds, pollens, grass, or insects etc.)?
- Have you every developed hives or skin rash during or after exercise?

Cardiovascular

- 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?
- Have you ever had your heart skip a beat during or after exercise?
- Has anyone ever told you that you have high blood pressure?
- Have you ever been told you have a heart murmur?
- Has anyone in your family died suddenly before the age of 50?
- Have you recently had a infection with a fever?
- Has a doctor ever denied or restricted your participation in sports for any heart problems?

Skin Problems

- Do you currently have any open, bleeding, oozing skin lesions or sores?
- Are you currently being treated for any skin disorders [acne, warts, infection, itching, rash, skin color change, or blisters]?

Neurological

- Have you ever had a concussion or head injury?
- Have you ever been "knocked-out", been unconscious, or lost your memory?
- Have you ever had a seizure?
- Do you have frequent or severe headaches made worse by exercise?
- Have you ever had numbness or tingling in your arms, hands, legs or feet?
- Have you ever experienced a "stinger", "burner", or pinched nerve?

Heat Exposure

- Have you ever become ill during or after exercising in the heat?
- Have you had recurrent heat related cramps?
- Have you ever passed out in the heat?

Pulmonary

- Do you cough, wheeze, or have trouble breathing during or after activity?
- Do you have asthma?

Musculoskeletal

- Do you use any protective or corrective braces (ie. knee brace, ankle brace, back brace, or neck roll) for sports?
- Have you had any sprains, strains or swelling after an injury?
- Have you had any fractured or broken bones?
- Have you had any dislocated joints?

Eyes and Vision

- Have you had any problems with your eyes or vision?
- Do you wear glasses, contacts, or protective eyewear?

Weight

- Are you trying to lose weight?

Immunizations

- Are your immunizations current?
- Have you had a tetanus shot in the last 5 to 10 years?
- Have you had chicken pox?

Females

- Did your menstrual periods begin more than 3 years ago?
- Do you have more, or less, than 10 menstrual periods in a year?
- Do your menstrual periods ever go away or stop when you exercise?

<u>MEDICAL TREATMENT CONSENT</u> – To be completed by Parent or Guardian or 18-year-old	
I, _____, an 18-year-old, or the parent or guardian of _____	
recognize that as a result of athletic participation, medical treatment on an emergency basis may be necessary, and further recognize that school personnel may be unable to contact me for my consent for emergency medical care. I do hereby consent in advance to such emergency care, including hospital care, as may be deemed necessary under the then-existing circumstances and to assume the expenses of such care.	
<u>Signature of Parent or Guardian or 18-year-old</u> _____	Date _____

I hereby acknowledge that the answers to these above questions are complete and correct.	
<u>Athlete Signature:</u> _____	Date: _____
<u>Parent/Guardian Signature:</u> _____	Date: _____

PHYSICAL EXAMINATION

NAME: _____ Date of Birth: _____

Height: _____ Weight: _____ Pulse: _____ Blood Pressure: _____

Vision Corrected: _____ Pupils: Equal _____ Unequal _____

	Normal	Abnormal
Appearance		
Eyes, Ears, Nose, Throat		
Lymph nodes		
Heart		
Pulses		
Lungs		
Abdomen		
Genitalia		
Skin		

	Normal	Abnormal
Neck		
Back		
Shoulder, Arm		
Elbow, Forearm		
Wrist, Hand		
Hip, Thigh		
Knee		
Leg, Ankle		
Foot		

CLEARANCE

- Cleared for all sports without restriction.
- Cleared after completing evaluation or rehabilitation for: _____

- Not Cleared for: Contact sports _____ Noncontact sports _____ Dynamic exercise _____ Static exercise _____
- Specific sports: _____
- Reason: _____

Recommendations: _____

Physician (Print) _____	Date _____
Address _____	Phone _____
Signature _____	

Completion of a pre-participation physical examination is not intended to be a substitute for a full physical evaluation by your physician. I hereby consent to allow all medical information to be released or reviewed by the Athletic Department at my designated High School.

Signature of athlete or parent/legal guardian: _____ **Date:** _____

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STUDENT PARTICIPATION

This application to participate in athletics is voluntary on my part and the information submitted is truthful to the best of my knowledge. I have never received money or negotiable certificates for merchandise in any amount, nor any emblematic award or merchandise worth more than twenty-five dollars (\$25.00) for participating in athletic events, nor have I ever competed under an assumed name. After I have represented my high school in any sport, I will not compete in any outside athletic contest in this sport until after the high school season has been completed. I understand that I am expected to adhere firmly to all established athletic policies of my school district and the Michigan High School Athletic Association, such as those previously mentioned above as examples but which do not present all the policies to which I am subject.

SIGNATURE OF STUDENT

DATE

PARENT/GUARDIAN OR 18-YEAR-OLD CONSENT

I hereby give my consent for the above student to engage in interscholastic athletics and understand the possibility that serious injury may result from participating in athletic activities. I agree not to hold the school financially liable for any injury received while participating in athletics during the current school year. I fully understand that it is my responsibility to pay, either through insurance coverage or personally, for all medical/surgery expenses related to my child's participation in interscholastic athletics. He/she has my permission to accompany the team as a member on its out-of-town trips.

I further understand that my son or daughter will be expected to adhere firmly to all established athletic policies of the school district and the Michigan High School Athletic Association.

SIGNATURE OF PARENT OR GUARDIAN OR 18-YEAR-OLD

DATE