

Pre-Participation Physical Evaluation Medical History Questionnaire

Note: This form is to be filled out by the parent(s) and student prior to seeing the physician.

Student's Name _____ Date of Birth _____ Exam Date _____
 Sex _____ Age _____ Grade _____ School _____ Sports _____
 Medicine and Allergies: List all prescriptions and over the counter and supplements (herbal & nutritional) that you are taking: _____
 Do you have an allergy? ___ Yes ___ No If yes, please specify: ___ Medicine ___ Pollens ___ Food ___ Stinging insects ___ Other _____

General Questions	Yes	No	Medical Questions	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?			26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
2. Do you have any ongoing medical conditions, If so Identify: ___ Asthma ___ Anemia ___ Diabetes ___ Infections Other: _____			27. Have you ever used an inhaler or taken asthma medicine?		
3. Have you ever spent the night in the hospital?			28. Is there anyone in your family who has asthma?		
4. Have you ever had surgery?			29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
Heart Health Questions About You	Yes	No	30. Do you have groin pain or a painful bulge or hernia in the groin area?		
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?			31. Have you had infectious mononucleosis (mono) in the last month?		
6. Have you ever had pain, discomfort, tightness, or pressure in your chest during exercise?			32. Do you have any rashes, pressure sores, or other skin problems?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?			33. Have you had a herpes or MRSA skin infection?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: ___ High Blood Pressure ___ A heart murmur ___ High cholesterol ___ A heart infection ___ Kawasaki disease Other: _____			34. Have you ever had a head injury or concussion?		
9. Has a doctor ever ordered a test for your heart? (for example ECG/EKG, echocardiogram)			35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
10. Do you get lightheaded or feel more short of breath than expected during exercise?			36. Do you have a history of seizure disorder?		
11. Have you ever had an unexplained seizure?			37. Do you have headaches with exercise?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?			38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
Health Questions About Your Family	Yes	No	39. Have you ever been unable to move your arms or legs after being hit or falling?		
13. Has any family member or relative died of heart problems or had an unexpected sudden death before age 50 (including drowning, unexplained car accident, sudden death syndrome)?			40. Have you ever become ill while exercising in the heat?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic, polymorphic ventricular tachycardia?			41. Do you get frequent muscle cramps when exercising?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?			42. Do you or someone in your family have sickle cell trait or disease?		
16. Has anyone in your family had unexplained fainting, unexplained seizures or near drowning?			43. Have you had any problems with your eyes or vision?		
Bone and Joint Questions	Yes	No	44. Have you had any eye injuries?		
17. Have you ever had an injury to a bone, muscle, ligament or tendon that caused you to miss a game or practice?			45. Do you wear glasses or contact lenses?		
18. Have you ever had any broken or fractured bones or dislocated joints?			46. Do you wear protective eyewear, such as goggles or a face shield?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, cast, or crutches?			47. Do you worry about your weight?		
20. Have you ever had a stress fracture?			48. Are you trying or has anyone recommended that you gain or lose weight?		
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)			49. Are you on a special Diet or do you avoid certain types of foods?		
22. Do you regularly use a brace, orthotics, or other assistive device?			50. Have you ever had an eating disorder?		
23. Do you have a bone, muscle, or joint injury that bothers you?			51. Do you have any concerns that you would like to discuss with a doctor?		
24. Do any of your joints become painful, swollen, feel warm, or look red?			Females Only	Yes	No
25. Do you have any history of juvenile arthritis or connective tissue disease?			52. Have you ever had a menstrual period?		
			53. How old were you when you had your first menstrual period?		
			54. How many periods have you had in the past 12 months?		
Explain any "YES" answers here or on an additional page and attach to this questionnaire. _____ _____ _____					
I hereby state that, to best of my knowledge, my answers to the above questions are complete and correct. Athlete's Signature _____ Parent/Guardian Signature _____ Date _____					

Explain "Yes" answers below. Circle question if you do not know the answer.

Physical Examination Form

Last Name _____ First Name _____ Middle Initial _____ Date of Birth _____

Examination			
Height:	Weight:	___ Male ___ Female	BP _____ / _____
Pulse	Vision: R 20/ _____ L 20/ _____	Corrected ___ Yes ___ No	

Medical	Normal	Abnormal Findings
Appearance: Marfan syndrome (kyphoscoliosis, high –arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)		
Eyes / Ears / Nose / Throat - Pupils equal / Hearing		
Lymph Nodes		
Heart • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximum impulse (PMI)		
Pulses - Simultaneous femoral and radial pulses		
Lungs		
Abdomen		
Genitourinary (males only)		
Skin - HSV, lesions suggestive of MRSA, tinea corporis		
Neurologic		
Musculoskeletal:		
• Neck		
• Spine/Back		
• Shoulders/Arm		
• Elbow/Forearm		
• Wrist/Hand/Fingers		
• Hip/Thighs		
• Knees		
• Leg/Ankles		
• Foot/Toes		
• Functional: Duck-walk, single leg hop		

Consider: ECG, echocardiogram and referral to cardiology for abnormal cardiac history or event. Consider GU Exam if in a private setting. Having a third party present is recommended. Consider cognitive evaluation or baseline neuropsychiatric testing if a history or significant concussion.

___ **Cleared for all sports without restriction**
 ___ **Cleared for all sports without restriction with recommendations for further evaluation or treatment for:** _____

___ **Not Cleared:** (check all that apply) ___ Pending further evaluation ___ For Any Sports ___ For Certain Sports: _____

Reason: _____
 Recommendation: _____

I have examined the above-named student and completed the participation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. If conditions arise after the athlete had been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete and parents.

Physician's Signature: _____ Date: _____

Physician's Address: _____ Phone _____

Physician's Reminders: Consider additional questions on more sensitive issues: (at risk behavior, alcohol, drugs, supplements...)