

\_\_\_\_\_  
**Athlete Name (First, Last)**

Please Print Legibly

\_\_\_\_\_  
**Grade** 2018-2019

\_\_\_\_\_  
**School Attending** in 2018-2019

## Sports Physical Exam May 22, 2018

### Parental Release

This form is required- even if parent is present for the evaluation.

I, \_\_\_\_\_ am the legal parent/guardian of the below named

(Parent/legal guardian) Please Print Legibly

student-athlete and authorize the below named student-athlete to participate in a Sports Physical Examination at Walla Walla High School on May 22, 2018. I authorize the Providence St. Mary's physicians to conduct a full physical exam on the below named athlete. Once approved, this Sports Physical Exam will meet all requirements of the Washington Interscholastic Activities Association for participation in athletics.

By checking this box, I agree that Providence Medical Group and/or Walla Walla High School may send a copy of this form to my child's primary care physician named here: \_\_\_\_\_ located at

\_\_\_\_\_  
(name of clinic or physician group)

By checking this box, I agree that Providence Medical Group and/or Walla Walla High School may send a copy of this form to my child's school named above.

You will receive a copy of the physical form for your records.

Parent/Guardian Signature: \_\_\_\_\_

#### COMPLETING THIS FORM:

1. PLEASE PRINT CLEARLY.
2. Parent/guardian along with the student are to complete and sign the Medical History Form on page 2 and the parent/guardian must sign the Disclosure and Consent section above.
3. **This signed form must be presented at the Sports Physical Round-Up in order to participate, even if the parent/guardian is present.**

#### SUBMITTING THIS FORM:

1. School personnel should review form to assure it is completed properly and signed.
2. ORIGINAL copy is to be retained in school files.



# PRE-PARTICIPATION PHYSICAL EVALUATION

# MEDICAL HISTORY

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

Date of Exam: **5/22/2018**

Date of Birth: \_\_\_\_\_

Name: \_\_\_\_\_

Sex:  Male  Female Age: \_\_\_\_\_ Grade (17/18): \_\_\_\_\_ School (17/18): \_\_\_\_\_

**Medicines and Allergies:** Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking.

\_\_\_\_\_

\_\_\_\_\_

Do you have any allergies?  Yes  No If yes, please identify specific allergy below.

Medicines  Pollens  Food  Stinging Insects

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

| General Questions   | Yes                      | No                       |
|---|--------------------------|--------------------------|
| 1. Has a doctor ever denied or restricted your participation in sports for any reason?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you have any ongoing medical conditions? If so, please identify:<br><input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections<br>Other: _____   | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Have you ever spend the night in the hospital?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Have you ever had surgery?   | <input type="checkbox"/> | <input type="checkbox"/> |
| HEART HEALTH QUESTIONS ABOUT YOU  | Yes                      | No                       |
| 5. Have you ever passed out or nearly passed out DURING or AFTER exercise?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Does your heart ever race or skip beats (irregular beats) during exercise?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Has your doctor ever told you that you have any heart problems? If so, check all that apply:<br><input type="checkbox"/> High Blood Pressure <input type="checkbox"/> A heart murmur<br><input type="checkbox"/> High Cholesterol <input type="checkbox"/> A heart infection<br><input type="checkbox"/> Kawasaki disease Other: _____ | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Has a doctor ever ordered a test for your heart? (For example, ECK/EKG, echocardiogram)  | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Do you get lightheaded or feel more short of breath than expected during exercise?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Have you ever had an unexplained seizure?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Do you get more tired or short of breath more quickly than your friends during exercise?  | <input type="checkbox"/> | <input type="checkbox"/> |
| HEART HEALTH QUESTIONS ABOUT YOUR FAMILY  | Yes                      | No                       |
| 13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 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?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Has anyone in your family had unexplained fainting, unexplained seizures, or new drowning?  | <input type="checkbox"/> | <input type="checkbox"/> |
| BONE AND JOINT QUESTIONS  | Yes                      | No                       |
| 17. Have you had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Have you ever had any broken or fractured bones or dislocated joints?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Have you ever had a stress fracture?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 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)  | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. Do you regularly use a brace, orthotics, or other assistive device?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. Do you have a bone, muscle, or joint injury that bothers you?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 24. Do any of your joints become painful, swollen, feel warm, or look red?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 25. Do you have any history of juvenile arthritis or connective tissue disease?   | <input type="checkbox"/> | <input type="checkbox"/> |

| MEDICAL QUESTIONS   | Yes                      | No                       |
|---|--------------------------|--------------------------|
| 26. Do you cough, wheeze, or have difficulty breathing during or after exercise?                                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 27. Have you ever used an inhaler or taken asthma medicine?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 28. Is there anyone in your family who has asthma?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ? | <input type="checkbox"/> | <input type="checkbox"/> |
| 30. Do you have groin pain or a painful bulge or hernia in your groin area?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 31. Have you had infectious mononucleosis (mono) within the last month?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 32. Do you have any rashes, pressure sores, or other skin problems?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 33. Have you had a herpes or MRSA skin infection?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 34. Have you ever had a head injury or concussion?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?      | <input type="checkbox"/> | <input type="checkbox"/> |
| 36. Do you have a history of seizures?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 37. Do you have headaches with exercise?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?              | <input type="checkbox"/> | <input type="checkbox"/> |
| 39. Have you ever been unable to move your arms or legs after being hit or falling?                                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 40. Have you ever become ill while exercising in the heat?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 41. Do you get frequent muscle cramps when exercising?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 42. Do you or someone in your family have sickle cell trait or disease?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 43. Have you had any problems with your eyes or vision?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 44. Have you ever had any eye injuries?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 45. Do you wear glasses or contact lenses?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 46. Do you wear protective eyewear, such as goggles or a face shield?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 47. Do you worry about your weight?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 48. Are you trying to or has anyone recommended that you gain or lose weight?                                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 49. Are you on a special diet or do you avoid certain types of foods?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 50. Have you ever had an eating disorder?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 51. Do you have any concerns that you would like to discuss with a doctor?  | <input type="checkbox"/> | <input type="checkbox"/> |
| FEMALES ONLY  | Yes                      | No                       |
| 52. Have you ever had a menstrual period?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 53. How old were you when you had your first menstrual period?  |                          |                          |
| 54. How many periods have you had in the last 12 months?  |                          |                          |

Explain "yes" answers here"

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

Signature of athlete: \_\_\_\_\_

Signature of parent/guardian: \_\_\_\_\_

Date: \_\_\_\_\_

# PREPARTICIPATION PHYSICAL EVALUATION

# PHYSICAL EXAMINATION

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

## PHYSICIAN REMINDERS

1. Consider additional questions on more sensitive issues

- Do you feel stressed out or under a lot of pressure?
- Do you feel safe at your home or residence?
- During the past 30 days, did you use chewing tobacco, snuff, or dip?
- Do you wear a seat belt, use a helmet, or use condoms?
- Have you ever taken anabolic steroids or used any other performance supplement?
- Have you ever taken any supplement to help you gain or lose weight or improve your performance?

- Do you ever feel sad, hopeless, depressed, or anxious?
- Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
- Do you drink alcohol or use any other drugs?

2. Consider reviewing questions on cardiovascular symptoms (questions 5-14).

| EXAMINATION   |          |   |   |
|---|----------|---|---|
| Height  | (inches) | Weight  | (pounds)  |
|   |          | <input type="checkbox"/> Male <input type="checkbox"/> Female |   |
| BP  | /        | ( / )   | Pulse   |
|   |          | Vision  | R 20/ L 20/ Corrected <input type="checkbox"/> Y <input type="checkbox"/> N |
| Medical   | Normal   | Abnormal Findings   |   |
| Appearance <ul style="list-style-type: none"> <li>• Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span &gt; height, myopia, hyperlaxity, MVP, aortic insufficiency)</li> </ul> |          |   |   |
| Eyes/Ears/Nose/Throat <ul style="list-style-type: none"> <li>• Pupils equal</li> <li>• Hearing</li> </ul>   |          |   |   |
| Lymph nodes   |          |   |   |
| Heart <sup>a</sup> <ul style="list-style-type: none"> <li>• Murmurs (auscultation standing, supine, +/- Valsalva)</li> <li>• Locations of point of maximal impulse (PMI)</li> </ul>   |          |   |   |
| Pulses <ul style="list-style-type: none"> <li>• Simultaneous femoral and radial pulses</li> </ul>   |          |   |   |
| Lungs   |          |   |   |
| Abdomen   |          |   |   |
| Genitourinary (males only) <sup>b</sup>   |          |   |   |
| Skin <ul style="list-style-type: none"> <li>• HSV, lesions suggestive of MRSA, tinea corporis</li> </ul>  |          |   |   |
| Neurologic <sup>c</sup>   |          |   |   |
| Musculoskeletal   |          |   |   |
| Neck  |          |   |   |
| Back  |          |   |   |
| Shoulder/arm  |          |   |   |
| Elbow/arm   |          |   |   |
| Wrist/hand/fingers  |          |   |   |
| Hip/thigh   |          |   |   |
| Knee  |          |   |   |
| Leg/ankle   |          |   |   |
| Foot/toes   |          |   |   |
| Functional <ul style="list-style-type: none"> <li>• Squat, single leg hop</li> </ul>  |          |   |   |

<sup>a</sup>Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam. <sup>b</sup>Consider GU exam if in private setting. Having third party present is recommended. <sup>c</sup>Consider cognitive evaluation of baseline neuropsychiatric testing if a history of significant concussion.

Cleared for all sports without restriction

Cleared for all sports without restriction with recommendations for further evaluation or treatment for \_\_\_\_\_

Not cleared

Pending further evaluation     For any sports     For certain sports \_\_\_\_\_

Reason: \_\_\_\_\_

Recommendations: \_\_\_\_\_

*I have examined the above-named student and completed the pre-participation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has 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/guardians).*

Name of physician (print/type): \_\_\_\_\_ Date 5/22/2018

Address: Chase Medical Complex, 380 Chase St, P.O. Box 1477, Walla Walla, WA 99362 Phone: (509) 897-3333

Signature of physician: \_\_\_\_\_, MD or DO