SPORTS PHYSICAL EVALUATION PACKET 2022-2023

PREPARTICIPATION PHYSICAL EVALUATION (Interim Guidance)

HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: ___________________________ Date of birth: ___________________________

Date of examination: ___________________________ Sport(s): ___________________________

Sex assigned at birth (F, M, or intersex): ___________________________ How do you identify your gender? (F, M, or other): ___________________________

Have you had COVID-19? (check one): □ Y □ N

Have you been immunized for COVID-19? (check one): □ Y □ N If yes, have you had: □ One shot □ Two shots

□ Three shots □ Booster dose(s) ___________________________

List past and current medical conditions. ___________________________

Have you ever had surgery? If yes, list all past surgical procedures. ___________________________

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional). ___________________________

Do you have any allergies? If yes, please list all your allergies (i.e., medicines, pollens, food, stinging insects). ___________________________

Patient Health Questionnaire Version 4 (PHQ-4)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

<table>
<thead>
<tr>
<th>Feeling nervous, anxious, or on edge</th>
<th>Not at all</th>
<th>Several days</th>
<th>Over half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Not being able to stop or control worrying</th>
<th>Not at all</th>
<th>Several days</th>
<th>Over half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Little interest or pleasure in doing things</th>
<th>Not at all</th>
<th>Several days</th>
<th>Over half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Feeling down, depressed, or hopeless</th>
<th>Not at all</th>
<th>Several days</th>
<th>Over half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
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</tbody>
</table>

(A sum of ≥3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS

(Explain "Yes" answers at the end of this form. Circle questions if you don’t know the answer)

Yes No

1. Do you have any concerns that you would like to discuss with your provider?

2. Has a provider ever denied or restricted your participation in sports for any reason?

3. Do you have any ongoing medical issues or recent illness?

HEART HEALTH QUESTIONS ABOUT YOU

Yes No

4. Have you ever passed out or nearly passed out during or after exercise?

5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?

6. Does your heart ever race, flutter in your chest, or skip beats (irregular beat) during exercise?

7. Has a doctor ever told you that you have any heart problems?

8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.

HEART HEALTH QUESTIONS ABOUT YOU (CONTINUED)

Yes No

9. Do you get light-headed or feel shorter of breath than your friends during exercise?

10. Have you ever had a seizure?

HEART HEALTH QUESTIONS ABOUT YOUR FAMILY

Yes No

11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?

12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?

13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?
## PREPARTICIPATION PHYSICAL EVALUATION (Interim Guidance)

### PHYSICAL EXAMINATION FORM

**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 ever feel sad, hopeless, depressed, or anxious?
   - Do you feel safe at your home or residence?
   - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
   - During the past 30 days, did you use chewing tobacco, snuff, or dip?
   - Do you drink alcohol or use any other drugs?
   - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
   - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
   - Do you wear a seat belt, use a helmet, and use condoms?

2. Consider reviewing questions on cardiovascular symptoms (Q4-Q13 of History Form).

### EXAMINATION

<table>
<thead>
<tr>
<th>Height:</th>
<th>Weight:</th>
</tr>
</thead>
<tbody>
<tr>
<td>BP: / ( / )</td>
<td>Pulse:</td>
</tr>
</tbody>
</table>

**COVID-19 VACCINE**

- Previously received COVID-19 vaccine: Y N
- Administered COVID-19 vaccine at this visit: Y N
- If yes: First dose □ Second dose □ Third dose □ Booster dose(s) □

### MEDICAL

#### NORMAL ABNORMAL FINDINGS

- **Appearance**
  - Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlexity, myopia, mitral valve prolapse [MVP], and aortic insufficiency)

- **Eyes, ears, nose, and throat**
  - Pupils equal
  - Hearing

- **Lymph nodes**

- **Heart**
  - Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)

- **Lungs**

- **Abdomen**

- **Skin**
  - Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant Staphylococcus aureus (MRSA), or lineae corporis

- **Neurological**

### MUSCULOSKELETAL

- **Normal ABNORMAL FINDINGS**

- **Neck**
- **Back**
- **Shoulder and arm**
- **Elbow and forearm**
- **Wrist, hand, and fingers**
- **Hip and thigh**
- **Knee**
- **Leg and ankle**
- **Foot and toes**
- **Functional**
  - Double-leg squat test, single-leg squat test, and box drop or step drop test

* Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of these.

**Name of health care professional (print or type):** 
**Date:** 

**Address:** 
**Phone:** 

**Signature of health care professional:** 

### RIME AND JOINT QUESTIONS

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?</td>
<td></td>
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</tr>
<tr>
<td>15. Do you have a bone, muscle, ligament, or joint injury that bothers you?</td>
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</table>

### MEDICAL QUESTIONS

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>16. Do you cough, wheeze, or have difficulty breathing during or after exercise?</td>
<td></td>
<td></td>
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<tr>
<td>17. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?</td>
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<tr>
<td>18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?</td>
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<tr>
<td>19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)?</td>
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<tr>
<td>20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?</td>
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<tr>
<td>21. Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?</td>
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<tr>
<td>22. Have you ever become ill while exercising in the heat?</td>
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<tr>
<td>23. Do you or does someone in your family have sickle cell trait or disease?</td>
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<tr>
<td>24. Have you ever had or do you have any problems with your eyes or vision?</td>
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### MEDICAL QUESTIONS (CONTINUED)

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>25. Do you worry about your weight?</td>
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<tr>
<td>26. Are you trying to or has anyone recommended that you gain or lose weight?</td>
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<tr>
<td>27. Are you on a special diet or do you avoid certain types of foods or food groups?</td>
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<td>28. Have you ever had an eating disorder?</td>
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<tr>
<td>29. Have you ever had a menstrual period?</td>
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<tr>
<td>30. How old were you when you had your first menstrual period?</td>
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<td>31. When was your most recent menstrual period?</td>
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<tr>
<td>32. How many periods have you had in the past 12 months?</td>
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**FEMALES ONLY**

**Explain “Yes” answers here.**

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

Signature of athlete: ____________________________

Signature of parent or guardian: ______________________

Date: ____________________________

PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL ELIGIBILITY FORM

Name: ___________________________ Date of birth: ___________________________

☐ Medically eligible for all sports without restriction

☐ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

☐ Medically eligible for certain sports

☐ Not medically eligible pending further evaluation

☐ Not medically eligible for any sports

Recommendations: ___________________________

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are 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 medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type): ___________________________ Date: ___________________________

Address: ___________________________ Phone: ___________________________

Signature of health care professional: ___________________________ MD, DO, NP, or PA

SHARED EMERGENCY INFORMATION

Allergies: ___________________________

Medications: ___________________________

Other Information: ___________________________

Emergency contacts: ___________________________