Preparticipation Physical Evaluation

CLEARANCE FORM

Name _____ **Sex** _____ **Age** _____ **Date of birth** _____

❑ **Cleared without restriction**

❑ **Cleared, with recommendations for further evaluation or treatment for:** _____

_____

_____

_____

❑ **Not cleared for** ❑ **All sports** ❑ **Certain sports:** _____ **Reason:** _____

Recommendations: _____

_____

EMERGENCY INFORMATION

Allergies _____

Other Information _____

IMMUNIZATIONS (eg, tetanus/diphtheria; measles, mumps, rubella; hepatitis A, B; influenza; poliomyelitis; pneumococcal; meningococcal; varicella)

❑ **Up to date (see attached documentation)** ❑ **Not up to date** Specify _____

Name of physician (print/type) _____ **Date** _____

Address _____ **Phone** _____

Signature of physician _____, **MD or DO**

Preparticipation Physical Evaluation

PHYSICAL EXAMINATION FORM

Name _____ **Date of birth** _____

Height _____ **Weight** _____ **% Body fat (optional)** _____ **Pulse** _____ **BP** ___/___ (___/___, ___/___)

Vision **R 20/** ____ **L 20/** ____ **Corrected: Y N** **Pupils: Equal** ____ **Unequal** ____

Follow-Up Questions on More Sensitive Issues	**Yes**	**No**
1. Do you feel stressed out or under a lot of pressure?	☐	☐
2. Do you ever feel so sad or hopeless that you stop doing some of your usual activities for more than a few days?	☐	☐
3. Do you feel safe?	☐	☐
4. Have you ever tried cigarette smoking, even 1 or 2 puffs? Do you currently smoke?	☐	☐
5. During the past 30 days, did you use chewing tobacco, snuff, or dip?	☐	☐
6. During the past 30 days, have you had at least 1 drink of alcohol?	☐	☐
7. Have you ever taken steroid pills or shots without a doctor's prescription?	☐	☐
8. Have you ever taken any supplements to help you gain or lose weight or improve your performance?	☐	☐
9. Questions from the Youth Risk Behavior Survey (http://www.cdc.gov/HealthyYouth/yrbs/index.htm) on guns, seatbelts, unprotected sex, domestic violence, drugs, etc	☐	☐

Notes: _____

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
Appearance			
Eyes/ears/nose/throat			
Hearing			
Lymph nodes			
Heart			
Murmurs			
Pulses			
Lungs			
Abdomen			
Genitourinary†			
Skin			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			

*Multiple-examiner set-up only.
†Having a third party present is recommended for the genitourinary examination.

Notes: _____

Name of physician (print/type) _____ **Date** _____

Address _____ **Phone** _____

Signature of physician _____, **MD or DO**

PREPARTICIPATION EXAMINATION DISCLAIMER

The overall goal in performing a *preparticipation examination* is to promote the health and safety of the athlete in training and competition. The *preparticipation examination* is a tool to screen athletes for injuries, illness, or factors that might put them or others at risk. Ideally, it will also identify conditions that might interfere with optimal athletic performance and might require further investigation and/or treatment.

The *preparticipation examination* does not replace routine well care provided by your own Primary Care Provider (PCP).

I have read and understand the above.

_____

Signature of Athlete

_____

Date

Appendix C
Contact Information/ Medical History

MEDICAL INFO **REGIS UNIVERSITY (COLORADO)**

Name: SS# : STUDENT **ID #:**
Date of Birth:

Student Info

Email: Pager:
Campus Address: Permanent Address: Cell Phone:
Home Phone:
Notes:

Primary Contact

Name: Relationship: Work Phone:
Email Address: Pager:
Primary Address: Secondary Address: Cell Phone:
Home Phone:
Notes:

Secondary Contact

Name: Relationship: Work Phone:
Email Address: Pager:
Primary Address: Secondary Address: Cell Phone:
Home Phone:
Notes:

Primary Insurance

Provider: Policy Owner: Policy #:
Address: See: Group #:
Athorization Required: Coverage:
Phone: Policy Type:
Effect. Date: Expir. Date:
Deductible: Copay: Policy Limit:
Notes:

Secondary Insurance

Provider: Policy Owner: Policy #:
Address: See: Group #:
Athorization Required: Coverage:
Phone: Policy Type:
Effect. Date: Expir. Date:
Deductible: Copay: Policy Limit:
Notes:

Additional Medical Info

Medical Alerts / Notes:
Previous Injury History:

Preparticipation Physical Evaluation

HISTORY FORM

DATE OF EXAM_____

Name_____ **Sex**_____ **Age**_____ **Date of birth**_____

Grade____ **School**_____ **Sport(s)**_____

Address_____ **Phone**_____

Personal physician_____

In case of emergency, contact

Name_____ **Relationship**_____ **Phone (H)**_____ **(W)**_____

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

	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?	☐	☐
2. Do you have an ongoing medical condition (like diabetes or asthma)?	☐	☐
3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills?	☐	☐
4. Do you have allergies to medicines, pollens, foods, or stinging insects?	☐	☐
5. Have you ever passed out or nearly passed out DURING exercise?	☐	☐
6. Have you ever passed out or nearly passed out AFTER exercise?	☐	☐
7. Have you ever had discomfort, pain, or pressure in your chest during exercise?	☐	☐
8. Does your heart race or skip beats during exercise?	☐	☐
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)	☐	☐
11. Has anyone in your family died for no apparent reason?	☐	☐
12. Does anyone in your family have a heart problem?	☐	☐
13. Has any family member or relative died of heart problems or of sudden death before age 50?	☐	☐
14. Does anyone in your family have Marfan syndrome?	☐	☐
15. Have you ever spent the night in a hospital?	☐	☐
16. Have you ever had surgery?	☐	☐
17. Have you ever had an injury, like a sprain, muscle or ligament tear or tendinitis, 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

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

48. How old were you when you had your first menstrual period?_____

49. How many periods have you had in the last year?_____

Explain "Yes" answers here:_____

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_____