

# POLLOCK PINES SCHOOL DISTRICT - SPORTS PHYSICAL EXAMINATION FORM

## PART 1 (TO BE COMPLETED BY STUDENT AND PARENT(S OR GUARDIAN))

LAST NAME		FIRST NAME		GRADE
BIRTHDATE	FALL SPORT	WINTER SPORT	SPRING SPORT	STUDENT ID NUMBER

### HEALTH HISTORY (Must be completed prior to the examination)

	Yes	No	Has this student had any:		Yes	No	Does this student:
1.	<input type="checkbox"/>	<input type="checkbox"/>	Chronic or recurrent illness?	16.	<input type="checkbox"/>	<input type="checkbox"/>	Wear eyeglasses or contact lenses?
2.	<input type="checkbox"/>	<input type="checkbox"/>	Illness lasting over 1 week?	17.	<input type="checkbox"/>	<input type="checkbox"/>	Wear dental bridges, braces or plates?
3.	<input type="checkbox"/>	<input type="checkbox"/>	Hospitalizations or Surgery?	18.	<input type="checkbox"/>	<input type="checkbox"/>	Take any medications? (List below):
4.	<input type="checkbox"/>	<input type="checkbox"/>	Nervous, psychiatric, or neurologic condition?				
5.	<input type="checkbox"/>	<input type="checkbox"/>	Loss or nonfunctioning of organs (eye, kidney, liver, testicle) or glands?		<b>Yes</b>	<b>No</b>	<b>Is there any history of:</b>
6.	<input type="checkbox"/>	<input type="checkbox"/>	Allergies (medicines, insect bites, food)?	19.	<input type="checkbox"/>	<input type="checkbox"/>	Injuries requiring medical care or treatment?
7.	<input type="checkbox"/>	<input type="checkbox"/>	Problems with heart or blood pressure?	20.	<input type="checkbox"/>	<input type="checkbox"/>	Neck or back pain or injury?
8.	<input type="checkbox"/>	<input type="checkbox"/>	Chest pain or severe shortness of breath with exercise?	21.	<input type="checkbox"/>	<input type="checkbox"/>	Knee pain or injury?
9.	<input type="checkbox"/>	<input type="checkbox"/>	Dizziness or fainting with exercise?	22.	<input type="checkbox"/>	<input type="checkbox"/>	Shoulder or elbow pain or injury?
10.	<input type="checkbox"/>	<input type="checkbox"/>	Fainting, bad headaches or convulsions?	23.	<input type="checkbox"/>	<input type="checkbox"/>	Ankle pain or injury?
11.	<input type="checkbox"/>	<input type="checkbox"/>	Concussion or loss of consciousness?	24.	<input type="checkbox"/>	<input type="checkbox"/>	Other joint pain or injury?
12.	<input type="checkbox"/>	<input type="checkbox"/>	Heat exhaustion, heatstroke, or other problems with heat?	25.	<input type="checkbox"/>	<input type="checkbox"/>	Broken bones (fractures)?
13.	<input type="checkbox"/>	<input type="checkbox"/>	Racing heart, skipped, irregular heartbeats, or heart murmur?		<b>Yes</b>	<b>No</b>	<b>Further history:</b>
14.	<input type="checkbox"/>	<input type="checkbox"/>	Seizures?	26.	<input type="checkbox"/>	<input type="checkbox"/>	Birth defects (corrected or not)?
15.	<input type="checkbox"/>	<input type="checkbox"/>	Severe or repeated instances of muscle cramps?	27.	<input type="checkbox"/>	<input type="checkbox"/>	Death of parent or grandparent less than 40 years of age due to medical cause or condition?
				28.	<input type="checkbox"/>	<input type="checkbox"/>	Parent or grandparent requiring treatment for heart condition less than 50 years of age
				29.	<input type="checkbox"/>	<input type="checkbox"/>	Been seen by a physician on an emergency or urgent basis in the last 12-months?

Date of last known tetanus (lockjaw) shot: \_\_\_\_\_

Date of last complete physical examination: \_\_\_\_\_

Explain all "YES" answers here along with any other fact or circumstance that should be disclosed to the examining physician (use reverse of form if needed):

**PARENT/GUARDIAN'S AUTHORIZATION:** I authorize a physician to perform a Sports Physical Evaluation on the student. The information set forth above is complete and accurate and I know of no reason why the student cannot fully and safely participate in the listed sports. I understand that this is solely a screening examination and that the absence of any health conditions or concerns listed below does not mean that student is free from actual or potential harmful health conditions that may cause the student injury or death while participating in sports. Any question or concern I may have regarding the student's health or safety will be referred to our personal physician for review and evaluation.

PRINT NAME OF PARENT OR GUARDIAN		SIGNATURE OF PARENT OR GUARDIAN		
ADDRESS		WORK PHONE	HOME PHONE	DATE
REGULAR PHYSICIAN'S NAME		OFFICE PHONE		

### PART II (TO BE COMPLETED BY THE EXAMINING PHYSICIAN)

	NORMAL	ABNORMAL (Describe)	
Eyes/Ears/Nose/Throat			Height:
Skin			Weight:
Heart			Pulse:                      After Ex:
Abdomen			BP:
Genital/hernia (males)			<b>Recommendation:</b> <input type="checkbox"/> Unlimited participation <input type="checkbox"/> Limited participation/specific sports (Give detailed specifications on back of form) <input type="checkbox"/> Clearance withheld pending further testing/evaluation <input type="checkbox"/> No athletic participation <b>One of the above <u>MUST</u> be checked.</b>
Musculoskeletal:			
a. Neck/Spine/Shoulders/Back			
b. Arms/Hands/Fingers			
c. Hips/Thighs/Knees/Legs			
d. Feet/Ankles			
Neurologic Screening Exam (NSE)			

**Comments:**

PRINT NAME OF PHYSICIAN, PHYSICIAN'S ASSISTANT or NURSE PRACTITIONER	SIGNATURE OF PHYSICIAN, PHYSICIAN'S ASSISTANT, OR NURSE PRACTITIONER	DATE
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