**Preparticipation Physical Evaluation**

**HISTORY FORM**

(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep this form in the chart.)

Date of Exam ____________________________

Name ____________________________ Date of birth ____________________________

Sex _______ Age _______ Grade _______ School _______ Sport(s) _______

<table>
<thead>
<tr>
<th>Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking</th>
</tr>
</thead>
</table>

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

☐ Medicines ☐ Pollens ☐ Food ☐ Stinging Insects

<table>
<thead>
<tr>
<th>Explain “Yes” answers below. Circle questions you don’t know the answers to.</th>
</tr>
</thead>
</table>

**GENERAL QUESTIONS**

1. Has a doctor ever denied or restricted your participation in sports for any reason? 
2. Do you have any ongoing medical conditions? If so, please identify below: □ Asthma □ Anemia □ Diabetes □ Infections □ Other:
3. Have you ever spent the night in the hospital?
4. Have you ever had surgery?

<table>
<thead>
<tr>
<th>HEART HEALTH QUESTIONS ABOUT YOU</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>5. Have you ever passed out or nearly passed out DURING or AFTER exercise?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise? | 
7. Does your heart ever race or skip beats (irregular beats) during exercise? | 
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: | 
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram) |

10. Do you get lightheaded or feel more short of breath than expected during exercise? 
11. Have you ever had an unexplained seizure? 
12. Do you get more tired or short of breath more quickly than your friends during exercise? 

<table>
<thead>
<tr>
<th>HEART HEALTH QUESTIONS ABOUT YOUR FAMILY</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>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)?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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? |

<table>
<thead>
<tr>
<th>BONE AND JOINT QUESTIONS</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
18. Have you ever had any broken or fractured bones or dislocated joints? | 
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches? | 
20. Have you ever had a stress fracture? | 
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) | 
22. Do you regularly use a brace, orthotics, or other assistive device? | 
23. Do you have a bone, muscle, or joint injury that bothers you? | 
24. Do any of your joints become painful, swollen, feel warm, or look red? | 
25. Do you have any history of juvenile arthritis or connective tissue disease? |

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 ____________________________

**Preparticipation Physical Evaluation**

**Physician Reminder**

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, 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 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 (questions 5–14).

### Examination

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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#### Medical

- **Appearance**
  - Marfan stigmata (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 maximal impulse (PMI)

- **Pulses**
  - Simultaneous femoral and radial pulses

- **Lungs**

- **Abdomen**

- **Genitourinary (males only)**

- **Skin**
  - HSV, lesions suggestive of MRSA, linea corporis

- **Neurologic**

#### Musculoskeletal

- **Neck**
- **Back**
- **Shoulder/arm**
- **Elbow/forearm**
- **Wrist/hand/fingers**
- **Hip/thigh**
- **Knee**
- **Leg/ankle**
- **Foot/toes**
- **Functional**
  - Duck-walk, single leg hop

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**I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the 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: ____________

Address: ___________________________________________ Phone: ________________

Signature of physician: __________________________________ MD or DO


HE0503 9-2681/0410
Preparticipation Physical Evaluation
CLEARANCE FORM

Name ___________________________  Sex □ M □ F  Age _______________  Date of birth _______________

☐ 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 preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the 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 ______________

Address __________________________________________ Phone _________________________

Signature of physician __________________________________________, MD or DO

EMERGENCY INFORMATION

Allergies ________________________________

Other information ________________________________