

RSU #22 Interscholastic Sports Physical Form



Student Name: _____ Grade: _____ Date of Birth: ____/____/____

Physician's Name: _____ Office Number: (207)- _____ - _____

PARENT: PLEASE FILL OUT COMPLETELY PRIOR TO EXAM

Student History:

- | | <u>Yes</u> | <u>No</u> |
|--|------------|-----------|
| 1. Have you ever fainted? Have you had chest pains after exercise? | _____ | _____ |
| 2. Any family history of sudden death? If yes, cause? _____ | _____ | _____ |
| 3. Have you ever had a concussion, loss of consciousness or head injury? If yes, how many times? _____ | _____ | _____ |
| 4. Have you ever had heat stroke or heat exhaustion? | _____ | _____ |
| 5. Do you wheeze or cough during or after exercise? Do you have a history of asthma? Do you use an inhaler? | _____ | _____ |
| 6. Do you have any allergies? (medications, bee stings, food, etc.) If yes, please list _____ | _____ | _____ |
| 7. Any sports related injuries since last exam? If yes, list injury _____ | _____ | _____ |
| 8. Do you take any medications? List any prescribed and non prescribed drugs: _____ _____ _____ | _____ | _____ |
| 9. Have you ever been hospitalized? Have had surgery? If yes, explain _____ | _____ | _____ |
| 10. Circle any of the following that you have had: Broken bones/stress fractures Diabetes Dislocations/joint disorder Hearing/vision impairment Heart murmur/palpitations Hepatitis/Jaundice High blood pressure Blood disorder Scoliosis Organ absence or defect Seizures Other _____ | | |

PHYSICIAN'S EXAMINATION:

Height: _____ Weight _____ lbs. BP: _____

| Examination: | Normal | Abnormal | Comments |
|---------------------|---------------|-----------------|-----------------|
| Lungs | _____ | _____ | _____ |
| Heart/Murmurs | _____ | _____ | _____ |
| Abdomen | _____ | _____ | _____ |
| Genitalia | _____ | _____ | _____ |
| Hernia | _____ | _____ | _____ |
| Skin | _____ | _____ | _____ |

Musculoskeletal:

| | | | |
|----------------|-------|-------|-------|
| Neck | _____ | _____ | _____ |
| Shoulder | _____ | _____ | _____ |
| Elbow | _____ | _____ | _____ |
| Hands | _____ | _____ | _____ |
| Knees | _____ | _____ | _____ |
| Quad/Hamstring | _____ | _____ | _____ |
| Ankle/feet | _____ | _____ | _____ |
| Back/spine | _____ | _____ | _____ |
| Toe/heel/walk | _____ | _____ | _____ |
| Duck walk | _____ | _____ | _____ |

Comments: _____

I hereby certify that this student has been found to be physically fit to participate in all school interscholastic activities based upon my review of above history and physical exam. This includes both contact and non-contact sports.

Modifications or exceptions: _____

Physician's signature: _____
Print Name: _____
Date: ____/____/____

For School Use Only:

School Nurse received: _____
Date: ____/____/____
Physical Expires on: ____/____/____

I know of no existing physical condition or additional health reason that would preclude participation in sports. I certify the answers to the above questions are true and accurate. I approve participation in athletic activities. I hereby authorize and release to the information in this document.

Parent signature: Must Sign _____ **Date:** ____/____/____