CALIFORNIA
ATHLETICS

Athletic Physical Examination

Name _____ Age _____ Gender _____ Date of Birth _____

Address _____ Phone _____

School _____ Grade _____ Sports _____

Height _____ Weight _____ Personal Physician _____ Physician's Phone _____

Medical History Questionnaire- This section must be completed before your examination. Include dates/age of any problems and explain ALL "Yes" answers in the space below the questions.

		YES	NO
1.	Do you have any ongoing medical conditions? D Asthma D Anemia D Diabetes D Other: _____	D	D
2.	Have you ever spent the night in a hospital?	D	D
3.	Have you ever had surgery?	D	D
4.	Are you currently taking any medications or pills?	D	D
5.	Do you have any allergies (medicine, bee stings, etc.)?	D	D
6.	Have you ever passed out or nearly passed out DURING or AFTER exercise?	D	D
7.	Have you ever had chest pains DURING or AFTER exercise?	D	D
8.	Have you ever had high blood pressure?	D	D
9.	Have you ever been told you have a heart murmur?	D	D
10.	Does your heart ever race or skip beats (irregular beats) during exercise?	D	D
11.	Has any family member died of heart problems or had an unexplained sudden death BEFORE age 50?	D	D
12.	Do you get lightheaded or feel shorter of breath than expected during exercise?	D	D
13.	Have you ever had a seizure?	D	D
14.	Have you ever had a head injury or concussion?		
15.	Have you ever been knocked unconscious?	D	D
16.	Do you have headaches with exercise?	D	D
17.	Do you have any problems with your eyes or vision? Do you wear D Glasses D Contacts D Eye Protection?	D D	D D
18.	Do you have only one working organ of usually paired organs (such as only one eye, kidney, testicle, etc.)?	D	D
19.	Have you ever had a sprained, broken, dislocated or repeated swelling or pain of any bones or joints that caused you to miss a practice or game?	D	D
20.	Are any joints CURRENTLY bothering you? D Neck D Back D Shoulder D Elbow D Forearm D Wrist D Hand D Hip D Thigh D Knee D Shin/Calf D Ankle D Foot	D	D
21.	Do you use any special equipment (splints, neck rolls, mouth guards)?	D	D
22.	Have you ever had a stinger, burner or pinched nerve?	D	D
23.	Have you ever been told you have Sickle Cell Trait or Sickle Cell Disease?	D	D
24.	Have you had any medical problems or injuries since your last evaluation?	D	D
25.	Has a doctor ever Denied or Restricted your participation in sports for any reason? When and why? _____	D	D
26.	When was your last tetanus vaccine? _____		
	(FEMALES ONLY)		
27.	Have you ever had a menstrual period?	D	D
28.	If so, how old were you when you had your first menstrual period? _____		
29.	How many periods have you had in the last 12 months? _____		
30.	What was the longest time between our periods last year? _____		

Explain all "Yes" answers by question number and indicate date/age for each item (Example: #3: Right arm fracture in 2015):

_____

_____

_____

_____

I/We hereby state that, to the best of my/our knowledge, the answers to the above questions are correct. I/We understand that by performing this examination, the undersigned physician does not assume responsibility for the medical care of this Individual.

Signature of Athlete _____ Date _____

Signature of Parent or Guardian (if athlete is under 18) _____ Date _____

	Blood Pressure	HEENT	Skin	Heart	Lungs	Musculoskeletal	Flexibility/Strength
NORMAL							
ABNORMAL							

While this does not constitute a complete physical examination nor replace the need for periodic health evaluations by a family physician, this individual is physically capable of participation in interscholastic sports as of this date, except as indicated below.

D Cea dattercompletinge
O Not Cleared

At this athlete's screening exam, the following is/are noted:

Condition/Sign/Symptoms with Simple Explanation/Recommendations

D Elevated (High) Blood Pressure. Increase in pressures in the artery during the beating and resting heart. Maximum normal (age group) __/__

D Heart Murmur. Flow of blood through the heart which is audible. In this case, it is: 0 "Functional" (normal) 0 Abnormal.

D Asthma. Blockage of small airways in the lung. D Use inhaler as prescribed and 30 minutes before exercise.

D Allergic Reactions to Stings or Bites. (includes whole body swelling & shortness of breath) D Epinephrine injector should be always available. D

Diabetes. Abnormal sugars and sugar metabolism. D Continue close monitoring with M.D.

D Scoliosis. Curvature of the spine. D Continue close monitoring with M.D.

D Orthopedic Problem. Being seen by M.D. for this condition. D Should be cleared for play by M.D. D

Concussion. Further evaluation required before athletic participation permitted.

D Oth :

Physician's Name: _____ Physician's Signature: _____ Date: _____

Scan into EHR