Sports Physical Form

Athlete's full name:		Date of birth:	
Age: Sex: Address:			
Contact number:	Email address:		
Sport:			
Date of form submission:			
If you're a student:			
School:		Grade:	
Father's name and contact details:			
Mother's name and contact details:			
If you're a professional athlete:			
Sports team:			
Emergency contact:			
Questions		Yes	No
Has a doctor ever restricted/denied your participation in	sports?		
2. Have you ever been hospitalized or spent a night in a ho			
3. Have ever had surgery?			
4. Do you have any ongoing medical conditions (like Diabe	tes or Asthma)?		
5. Are you presently taking any medications or pills (prescr			
6. Do you have any allergies (medicine, pollens, foods, bea			
7. Have you ever passed out during or after exercise?			
8. Have you ever been dizzy during or after exercise?			
9. Have you ever had chest pain or discomfort in your ches			
10. Do you tire more quickly than your friends during exercise			
11. Have you ever had high blood pressure?			
12. Have you ever been told that you have a heart murmur, infection?	high cholesterol, or heart		
13. Have you ever had a racing of your heart or skipped hea	artbeats?		
14. Has anyone in your family died of heart problems or sud	den death before age 50?		
15. Does anyone in your family have a heart condition?			
16. Has a doctor ever ordered a test on your heart (EKG, ed			
17. Do you have any skin problems (itching, rashes, staph, l			
18. Have you ever had a head injury or concussion?			

Questions	Yes	No			
19. Have you ever been knocked out or unconscious?					
20. Have you ever had a seizure?					
21. Have you ever had a stinger, burner, pinched nerve, or loss of feeling, or weakness in your arms or legs?					
22. Have you ever had heat or muscle cramps?					
23. Have you ever been dizzy or passed out in the heat?					
24. Do you have trouble breathing or do you cough during or after activity?					
25. Do you take any medications for asthma (for instance, inhalers)?					
26. Do you use any special equipment (pads, braces, neck rolls, mouth guard, eye guards, etc.)?					
27. Have you had any problems with your eyes or vision?					
28. Do you wear glasses or contacts or protective eyewear?					
29. Have you had any other medical problems (infectious mononucleosis, diabetes, infectious diseases, etc.)?					
30. Have you had a medical problem or injury since your last evaluation?					
31. Have you ever been told you have sickle cell trait?					
32. Has anyone in your family had sickle cell disease or sickle cell trait?					
33. Have you ever sprained/strained, dislocated, fractured, broken or had repeated swelling or other injuries of any bones or joints?					
☐ Head ☐ Back ☐ Shoulder ☐ Forearm ☐ Hand ☐ Hip ☐ Knee ☐ Ankle ☐ Neck ☐ Chest ☐ Elbow ☐ Wrist ☐ Finger ☐ Thigh ☐ Shin ☐ Foot					
34. When was your first menstrual period?					
35. When was your last menstrual period?					
36. What was the longest time between your periods last year?					
Please note that your physician will ask you about the items you answered Yes to during the examination.					
I hereby state that, to the best of my knowledge, my answers to the above questions are correct.					
Signature of athlete: Date:					
Signature of parent/guardian (if student):					

Physical Examination

Height:	Weight:	Pulse:	Blood Pressure:
Vision: R 20 /, L 2			
		Normal	Abnormal Findings
Cardiovascular			
Pulses			
Heart			
Lungs			
Skin			
E.N.T.			
Abdominal			
Genitalia (males)			
Musculoskeletal			
Neck			
Shoulder			
Elbow			
Wrist			
Hand			
Back			
Knee			
Ankle			
Foot			
Other			
Clearance:			
A. Cleared B. Cleared after cor C. Not cleared	mpleting evaluation/rehab	ilitation for:	
Due to:			
Recommendation:			
Name of physician:			Date:
Address:			Phone:
Signature of physician:			, M.D. or D.O.