

## Excelsior Athletics Pre-Participation Physical Evaluation



According to CIF, only a MD (Medical Doctor) or a DO (Doctor of Osteopathy) are allowed to sign this form. If anyone else signs this form, we are required to deny participation. Also, please ensure that one of the three check boxes are checked. Once signed, please upload to Home Campus. If you have questions, please feel free to contact Excelsior Athletics at [athletics@excelsior.com](mailto:athletics@excelsior.com)

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

- Cleared without restriction
- Cleared, with recommendations for further evaluation or treatment for: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Not cleared for
  - All Sports
  - Certain Sports: \_\_\_\_\_

Reasons: \_\_\_\_\_

Recommendations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### EMERGENCY INFORMATION

Allergies: \_\_\_\_\_

Other Information: \_\_\_\_\_

Name of Physician (please type/print/stamp): \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature of Physician: \_\_\_\_\_, MD or DO

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# Preparticipation Physical Evaluation

# HISTORY FORM

Date of Exam \_\_\_\_\_

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of birth \_\_\_\_\_

Grade \_\_\_\_\_ School \_\_\_\_\_ Sport(s) \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Personal Physician \_\_\_\_\_

**In case of emergency, contact:**

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (H) \_\_\_\_\_ Phone(W) \_\_\_\_\_

**Explain "Yes" answers below.  
Circle questions you don't know the answers to.**

- |  | Yes                      | No                       |  | Yes                      | No                       |   |                          |  |  |                          |                          |
|--|--------------------------|--------------------------|--|--------------------------|--------------------------|---|--------------------------|--|--|--------------------------|--------------------------|
| 1. Has a doctor ever denied or restricted your participation in sports for any reason?   | <input type="checkbox"/> | <input type="checkbox"/> | 24. Do you cough, wheeze, or have difficulty breathing during or after exercise?                           | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| 2. Do you have an ongoing medical condition (like diabetes or asthma)?   | <input type="checkbox"/> | <input type="checkbox"/> | 25. Is there anyone in your family who has asthma?   | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| 3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills?   | <input type="checkbox"/> | <input type="checkbox"/> | 26. Have you ever used an inhaler or taken asthma medicine?  | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| 4. Do you have allergies to medicines, pollens, foods, or stinging insects?  | <input type="checkbox"/> | <input type="checkbox"/> | 27. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?             | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| 5. Have you ever passed out or nearly passed out DURING exercise?  | <input type="checkbox"/> | <input type="checkbox"/> | 28. Have you had infectious mononucleosis (mono) within the last month?                                    | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| 6. Have you ever passed out or nearly passed out AFTER exercise?   | <input type="checkbox"/> | <input type="checkbox"/> | 29. Do you have any rashes, pressure sores, or other skin problems?  | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| 7. Have you ever had discomfort, pain, or pressure in your chest during exercise?  | <input type="checkbox"/> | <input type="checkbox"/> | 30. Have you had a herpes skin infection?  | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| 8. Does your heart race or skip beats during exercise?   | <input type="checkbox"/> | <input type="checkbox"/> | 31. Have you ever had a head injury or concussion?   | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| 9. Has a doctor ever told you that you have (check all that apply):  |                          |                          | 32. Have you been hit in the head and been confused or lost your memory?                                   | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| <input type="checkbox"/> High blood pressure   |                          |                          | 33. Have you ever had a seizure?   | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| <input type="checkbox"/> High cholesterol  |                          |                          | 34. Do you have headaches with exercise?   | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| <input type="checkbox"/> A heart murmur  |                          |                          | 35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?     | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| <input type="checkbox"/> A heart infection   |                          |                          | 36. Have you ever been unable to move your arms or legs after being hit or falling?                        | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| 10. Has a doctor ever ordered a test for your heart? (for example: ECG, echocardiogram)  | <input type="checkbox"/> | <input type="checkbox"/> | 37. When exercising in the heat, do you have severe muscle cramps or become ill?                           | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| 11. Has anyone in your family died for no apparent reason?   | <input type="checkbox"/> | <input type="checkbox"/> | 38. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease? | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| 12. Does anyone in your family have a heart problem?   | <input type="checkbox"/> | <input type="checkbox"/> | 39. Have you had any problems with your eyes or vision?  | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| 13. Has any family member or relative died of heart problems or of sudden death before age 50?   | <input type="checkbox"/> | <input type="checkbox"/> | 40. Do you wear glasses or contact lenses?   | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| 14. Does anyone in your family have Marfan syndrome?   | <input type="checkbox"/> | <input type="checkbox"/> | 41. Do you wear protective eyewear, such as goggles or a face shield?                                      | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| 15. Have you ever spent the night in a hospital?   | <input type="checkbox"/> | <input type="checkbox"/> | 42. Are you happy with your weight?  | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| 16. Have you ever had surgery?   | <input type="checkbox"/> | <input type="checkbox"/> | 43. Are you trying to gain or lose weight?   | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| 17. Have you ever had an injury, like a sprain, muscle or ligament tear, or tendinitis, that caused you to miss a practice or game? If yes, circle affected area below:          | <input type="checkbox"/> | <input type="checkbox"/> | 44. Has anyone recommended you change your weight or eating habits?  | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| 18. Have you had any broken or fractured bones or dislocated joints? If yes, circle below:   | <input type="checkbox"/> | <input type="checkbox"/> | 45. Do you limit or carefully control what you eat?  | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| 19. Have you had a bone or joint injury that required x-rays MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below: | <input type="checkbox"/> | <input type="checkbox"/> | 46. Do you have any concerns that you would like to discuss with a doctor?                                 | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |  |  |                          |                          |
| Head   | Neck                     | Shoulder                 | Upper Arm  | Elbow                    | Forearm                  | Hand/ Fingers   | Chest                    | <b>FEMALES ONLY</b>  | 47. Have you ever had a menstrual period?                | <input type="checkbox"/> | <input type="checkbox"/> |
| Upper Back   | Lower Back               | Hip                      | Thigh  | Knee                     | Calf/ Shin               | Ankle   | Foot/ Toes               | 48. How old were you when you had your first menstrual period? | _____  |                          |                          |
| 20. Have you ever had a stress fracture?   | <input type="checkbox"/> | <input type="checkbox"/> | 21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?         | <input type="checkbox"/> | <input type="checkbox"/> | 22. Do you regularly use a brace or assistive device? | <input type="checkbox"/> | <input type="checkbox"/>                                       | 49. How many periods have you had in the last 12 months? | _____                    |                          |
| 23. Has a doctor ever told you that you have asthma or allergies?  | <input type="checkbox"/> | <input type="checkbox"/> |  |                          |                          |   |                          |  | <b>Explain "Yes" answers here:</b>                       | _____                    |                          |
|  |                          |                          |  |                          |                          |   |                          |  | _____  |                          |                          |
|  |                          |                          |  |                          |                          |   |                          |  | _____  |                          |                          |
|  |                          |                          |  |                          |                          |   |                          |  | _____  |                          |                          |

**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

## PHYSICAL EXAMINATION FORM

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ % Body Fat (optional) \_\_\_\_\_ Pulse \_\_\_\_\_ BP \_\_\_\_ / \_\_\_\_ (\_\_\_\_ / \_\_\_\_, \_\_\_\_ / \_\_\_\_)

Vision R 20/\_\_\_\_ L 20/\_\_\_\_ Corrected: Y N Pupils: Equal \_\_\_\_\_ Unequal \_\_\_\_\_

|                             | NORMAL | ABNORMAL FINDINGS | INITIALS* |
|-----------------------------|--------|-------------------|-----------|
| <b>MEDICAL</b>              |        |                   |           |
| Appearance                  |        |                   |           |
| Eyes/ears/nose/throat       |        |                   |           |
| Hearing                     |        |                   |           |
| Lymph nodes                 |        |                   |           |
| Heart                       |        |                   |           |
| Murmurs                     |        |                   |           |
| Pulses                      |        |                   |           |
| Lungs                       |        |                   |           |
| Abdomen                     |        |                   |           |
| Genitourinary (males only)+ |        |                   |           |
| Skin                        |        |                   |           |
| <b>MUSCULOSKELETAL</b>      |        |                   |           |
| Neck                        |        |                   |           |
| Back                        |        |                   |           |
| Shoulder/arm                |        |                   |           |
| Elbow/forearm               |        |                   |           |
| Wrist/hand/fingers          |        |                   |           |
| Hip/thigh                   |        |                   |           |
| Knee                        |        |                   |           |
| Leg/ankle                   |        |                   |           |
| Foot/toes                   |        |                   |           |

\*Multiple-examiner set-up only.

+Having a third party present is recommended for the genitourinary examination.

Notes: \_\_\_\_\_  
 \_\_\_\_\_

Name of physician (print/type) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of physician \_\_\_\_\_, MD or DO