

## Instructions for Completing the Student-Athlete Preparticipation Physical Evaluation (PPE)

In order to be medically eligible for participation in practice or in a athletic contests, a student must have a completed PPE and submit it to the school. The PPE is four (4) pages in length and includes the **History Form**, the **Physical Examination Form**, and the **Medical Eligibility Form**.

The PPE **History Form** (pages 1-2) is completed and signed by the parent or legal custodian on behalf of the student-athlete. The completed and signed PPE History Form must then be presented to the examining Licensed Medical Professional (LMP) (physician licensed to practice medicine (MD/DO), nurse practitioner or physician assistant) for review when they fill out the Physical Examination Form.

The completed PPE **Physical Examination Form** (page 3) is <u>signed</u> and <u>dated</u> by the LMP who performed the examination. The physical examination builds on information obtained in the medical history.

The PPE **Medical Eligibility Form** (page 4), which is also <u>signed</u> and <u>dated</u> by the LMP, indicates the student-athlete is either medically eligible or not medically eligible for sports participation.



### Student-Athlete COVID Questionnaire

Student-Athlete's Name:		
Date of Birth:	Age:	

COVID RELATED QUESTIONS ABOUT THE STUDENT-ATHLETE	YES	NO	NA
1. Since January 1, 2020 have you been told that you have had a positive test for COVID-19, <b>OR</b> have you been told by a medical professional, your school, or local health department that you have had to quarantine (stay home) due to concern that you had COVID-19 symptoms?			
2. If the answer to 1 was "Yes", has the required Return to Play Form: COVID-19 Infection Medical Clearance Releasing The Student-Athlete to Resume Full Participation in Athletics been completed?			
3. Have you been fully vaccinated against COVID?			

### ■ PREPARTICIPATION PHYSICAL EVALUATION



### **HISTORY FORM**

lote: Complete and sign this form (with your parents if younger than 18) before your appointment.		
Name:	Date of birth:	
Date of examination:	Sport(s):	
iex: M/F		
List past and current medical conditions.		
Have you ever had surgery? If yes, list all past surgic	al procedures.	
Medicines and supplements: List all current prescrip	tions, over-the-counter medicines, and supplements (herbal and nutritional).	
Do you have any allergies? If yes, please list all you	or allergies (ie, medicines, pollens, food, stinging insects).	
Patient Health Questionnaire Version 4 (PHQ-4) Over the last 2 weeks, how often have you been bo	othered by any of the following problems? (check box next to appropriate number)	

Patient Health Questionnaire Version 4 (PHQ-4)  Over the last 2 weeks, how often have you been bothered by any of the following problems? (check box next to appropriate number)						
	Not at all	Several days	Over half the days	Nearly every day		
Feeling nervous, anxious, or on edge	0	1	2	3		
Not being able to stop or control worrying	0	1	2	3		
Little interest or pleasure in doing things	0	1	2	3		
Feeling down, depressed, or hopeless	0	1	2	3		
(A sum of $\geq$ 3 is considered positive on either s	subscale [questior	ns 1 and 2, or que	stions 3 and 4] for scre	ening purposes.)		

(Ехр	IERAL QUESTIONS lain "Yes" answers at the end of this form. e questions if you don't know the answer.)	Yes	No
1.	Do you have any concerns that you would like to discuss with your provider?		
2.	Has a provider ever denied or restricted your participation in sports for any reason?		
3.	Do you have any ongoing medical issues or recent illness?		
HEA	RT HEALTH QUESTIONS ABOUT YOU	Yes	No
4.	Have you ever passed out or nearly passed out during or after exercise?		
5.	Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
6.	Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?		
7.	Has a doctor ever told you that you have any heart problems?		
8.	Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.		

HEART HEALTH QUESTIONS ABOUT YOU (CONTINUED)	Yes	No
9. Do you get light-headed or feel shorter of breath than your friends during exercise?		
10. Have you ever had a seizure?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?		
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		

BON	NE AND JOINT QUESTIONS	Yes	No
14.	Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?		
15.	Do you have a bone, muscle, ligament, or joint injury that bothers you?		
MED	OICAL QUESTIONS	Yes	No
16.	Do you cough, wheeze, or have difficulty breathing during or after exercise?		
17.	Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
18.	Do you have groin or testicle pain or a painful bulge or hernia in the groin area?		
19.	Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant <i>Staphylococcus aureus</i> (MRSA)?		
20.	Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?		
21.	Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		
22.	Have you ever become ill while exercising in the heat?		
23.	Do you or does someone in your family have sickle cell trait or disease?		
24.	Have you ever had or do you have any prob- lems with your eyes or vision?		

MED	DICAL QUESTIONS (CONTINUED)	Yes	No
25.	Do you worry about your weight?		
26.	Are you trying to or has anyone recommended that you gain or lose weight?		
27.	Are you on a special diet or do you avoid certain types of foods or food groups?		
28.	Have you ever had an eating disorder?		
FEM	ALES ONLY	Yes	No
	ALLO OTTET	103	140
	Have you ever had a menstrual period?	103	110
29.		103	110
29. 30.	Have you ever had a menstrual period?  How old were you when you had your first	103	110
29. 30. 31.	Have you ever had a menstrual period?  How old were you when you had your first menstrual period?		

xplain "Yes" answers here.			

## I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

ignature of athlete:
ignature of parent or guardian:
Date:

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#### ■ PREPARTICIPATION PHYSICAL EVALUATION

#### PHYSICAL EXAMINATION FORM

Name: Date of birth:
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#### PHYSICIAN REMINDERS

- 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, e-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-enhancing 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 (Q4-Q13 of History Form).

EXAMINATION		
Height: Weight:		
BP: / ( / ) Pulse: Vision: R 20/ L 20/ Correcte	ed: 🗆 Y 🛭	 □ N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance		
Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity,		
myopia, mitral valve prolapse [MVP], and aortic insufficiency)		
Eyes, ears, nose, and throat		
<ul><li>Pupils equal</li><li>Hearing</li></ul>		
Lymph nodes		
Heart <sup>a</sup>		
Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)		
Lungs		
Abdomen		
Skin		
Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant Staphylococcus aureus (MRSA), or		
tinea corporis		
Neurological		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder and arm		
Elbow and forearm		
Wrist, hand, and fingers		
Hip and thigh		
Knee		
Leg and ankle		
Foot and toes		
Functional		
Double-leg squat test, single-leg squat test, and box drop or step drop test		
Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac historical formula and the cardiocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac historical formula and the cardiocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac historical formula and the cardiocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac historical formula and the cardiocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac historical formula and the cardiocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac historical formula and the cardiocardiography (ECG), echocardiography (ECG),	y or examin	ation findings, or a combi-
nation of those.	Б.	
Name of health care professional (print or type):		e:
signature of health care professional:	ле	, MD, DO, NP, or PA

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3 Approved for Use Beginning March 2021

#### PREPARTICIPATION PHYSICAL EVALUATION

# **MEDICAL ELIGIBILITY FORM** \_\_\_\_\_ Date of birth: \_\_\_\_\_ Name: ☐ Medically eligible for all sports without restriction ☐ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of ☐ Medically eligible for certain sports ☐ Not medically eligible pending further evaluation $\square$ Not medically eligible for any sports Recommendations: I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are 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 medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians). Address: Phone: Signature of health care professional: \_\_\_\_\_, MD, DO, NP, or PA SHARED EMERGENCY INFORMATION Allergies: Other information: \_\_\_\_ Emergency contacts: \_\_\_\_