

**GILFORD SCHOOL DISTRICT  
PHYSICAL EXAM FOR SPORTS PARTICIPATION**

In order to participate in school athletics each student is required to have a physical **at least** once in MS and once in HS.

**Date of exam** \_\_\_\_\_

This form will be accepted if done **AFTER** January 1 of the previous school year.

**Name** \_\_\_\_\_ **DOB** \_\_\_\_\_ **Age** \_\_\_\_\_

**Grade** \_\_\_\_\_

**Medical Problems**

**Asthma?** \_\_\_\_\_ **Inhaler?** \_\_\_\_\_ **EPI-PEN?** \_\_\_\_\_

**Immunization update**

Last Tetanus \_\_\_\_\_ MMR#2 \_\_\_\_\_ Hepatitis B #1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_ Varicella \_\_\_\_\_

<b>Vital Signs</b>	
<b>Height</b> _____	<b>Weight</b> _____ <b>Pulse</b> _____ <b>Blood Pressure</b> _____
<b>Skin</b> Acne-herpes _____ Athletes foot _____	<b>Abdomen</b> Organomegaly _____
<b>Mouth</b> Caries _____	<b>Genitalia (Males)</b> Lestions _____ Testes _____ Hernia _____
<b>Eyes</b> Pupils _____ Glasses _____ Contacts _____	<b>Ears</b> Perforation _____ Discharge _____
<b>Lungs</b> Air entry Wheezing Asthma	<b>Tanner maturity</b> 1 2 3 4 5
<b>Heart</b> Murmer/Rhythm Syncopal episodes Family Hx of early sudden cardiac death	
<b>Musculoskeletal Exam</b> N-Normal      A-Abnormal      1__2__3__4__	5__6__7__8__
<b>1:</b> Observe facies/ body symmetry/ spine Look for asymmetry/ Marfans stigmata/ scoliosis <b>2:</b> Rotate Head Cervical spine mobility <b>3:</b> Shrug shoulders and abduct shoulders Trapezius and Deltoid strength <b>4:</b> Put hands behind head ROM of shoulders and elbows	<b>5:</b> Spread fingers and make a fist symmetry of fingers/ old injuries <b>6:</b> Touch floor with fingers w/o bending knees Hip mobility/scoliosis/hamstring tightness <b>7:</b> "Duck walk" 4 steps Knee flexibility ankle flexibility <b>8:</b> Raise self on heels and toes ankle symmetry
Full Participation _____ is _____ is not reommended Health Care Provider Signature _____ Date _____	