Fairbanks North Star Borough School District SPORTS PHYSICAL FORM

Name:		Sc	:hool:	Grade:	
			Phone Number:		
				:	
port(s):Pos		Position(s):	on(s):Coach (es):		
	you have had any proble		reas:		
Concussion, "Knocked Out"		Neck Injur	eck Injury Back Injury, Pain		
Shoulder Injury Groin, Thigh, Leg Injury		Arm, Elbo	w, Hand Injury $_$	Knee Injury, Popping	
Groin, T	high, Leg Injury	Ankle, Foo	ot Injury _	Swelling, Pain, Locking or giving way	
Yes No					
	Have any members of your family under the age of 40 had a "heart attack" or sudden death? Have you ever had chest pain while exercising or passed out? Do you have coughing, wheezing, or severe shortness of breath with exercise? Are you taking any medication?				
	Do you have any a				
	Have you had ear	problems or difficulty	hearing?		
	Do you wear glass	es or contact lenses?			
	Have you ever had any discomfort in your groin (hernia)?				
		ve you ever had any illness or injuries that required hospitalization, surgery, or repeated visits to the			
	doctor?				
PART B: T	o be Filed Out by the I	Physician			
WENE DE BUILDING	Sept. 10-24 SEX 10-41 SEX 12-25	AND			
leight:		Weight:		Blood Pressure: Lungs: Urinalysis (if indicated)	
Eye: R 20/	L20/	_ Ears	Skin:	Lungs:	
Teart	Abdomen		leurologic:	Offinalysis (if indicated)	
MEI	DICAL FINDINGS		RECOMMEND	ATIONS	
			Follow up with athlete's physician		
			Other		
MUSCULOSKELETAL			RECOMMENDATIONS		
Neck Weakness		_	Strengthening Exercises, Neck		
		_	Neck Roll (equipment)		
C1	ulder Weakness	_	Strengthen	ning Exercises, Shoulder	
Shou	ulder Injury				
Shou	ulder Injury liosis				
Shou	ulder Injury iosis nt Hamstring	-	Hamstring	Stretching	
Shou	ulder Injury liosis nt Hamstring nt Groin Muscle	-	Hamstring Groin Stre	Stretching	
Shou	ulder Injury iosis nt Hamstring	- - age _	Hamstring Groin Stre Quadricep Knee Brac	s Stretching etching s Strengthening	
Shou	ulder Injury iiosis nt Hamstring nt Groin Muscle rn Knee Cap	age	Hamstring Groin Stre Quadricep Knee Brac	s Stretching otching os Strengthening oe tretches	
Shou Scol Tigh Tigh Wor Kne	ulder Injury liosis nt Hamstring nt Groin Muscle rn Knee Cap e Injury; ligament, cartil	- - age _ -	Hamstring Groin Stre Quadricep Knee Brac	s Stretching stching s Strengthening se tretches ning Exercises, Ankles	
Shou Scol Tigh Tigh Wor Kne	ulder Injury liosis nt Hamstring nt Groin Muscle rn Knee Cap e Injury; ligament, cartil nt Achilles Tendon	-	Hamstring Groin Stre Quadricep Knee Brac Achilles S Strengther Tape or W	s Stretching stretching ss Strengthening se tretches ning Exercises, Ankles Vrap Ankles	
Shou Scol Tigh Tigh Wor Kne	ulder Injury liosis nt Hamstring nt Groin Muscle rn Knee Cap e Injury; ligament, cartil nt Achilles Tendon	-	Hamstring Groin Stre Quadricep Knee Brac Achilles Strengthen Tape or W Referral to	s Stretching teching s Strengthening te tretches ning Exercises, Ankles Trap Ankles o Orthopedist	
Shou Scol Tigh Tigh Wor Kne	ulder Injury liosis nt Hamstring nt Groin Muscle rn Knee Cap e Injury; ligament, cartil nt Achilles Tendon	-	Hamstring Groin Stre Quadricep Knee Brac Achilles Strengthen Tape or W Referral to Referral to	s Stretching strengthening se Strengthening se tretches ning Exercises, Ankles Vrap Ankles o Orthopedist o Athletic Trainer	
Shou Scol Tigh Tigh Wor Kne Tigh Wea	ulder Injury liosis It Hamstring It Groin Muscle In Knee Cap It Injury; ligament, cartil It Achilles Tendon It Ankles	- - - -	Hamstring Groin Stre Quadricep Knee Brac Achilles S Strengthen Tape or W Referral to Other	s Stretching steching ss Strengthening se tretches ning Exercises, Ankles Vrap Ankles o Orthopedist o Athletic Trainer	
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Shou Scol Tight Work Kne Tight West	ulder Injury liosis It Hamstring It Groin Muscle In Knee Cap It Injury; ligament, cartil It Achilles Tendon It Ankles It Ankles	nd find him/her phys	Hamstring Groin Stre Quadricep Knee Brac Achilles S Strengthen Tape or W Referral to Referral to Other	s Stretching stching ss Strengthening se stretches ning Exercises, Ankles Vrap Ankles o Orthopedist o Athletic Trainer te in supervised activities with restrictions as	
Shou Scol Tight Work Kne Tight West Tight West Restrictions:	ulder Injury liosis It Hamstring It Groin Muscle In Knee Cap It Injury; ligament, cartil It Achilles Tendon It Ankles		Hamstring Groin Stre Quadricep Knee Brac Achilles S Strengthen Tape or W Referral to Referral to Other	s Stretching strengthening se Strengthening se tretches ning Exercises, Ankles Vrap Ankles o Orthopedist o Athletic Trainer te in supervised activities with restrictions as	