Athlete's Name_____ **Age**_____ **Date of Birth** _____

Height_____ **Weight**_____ **BP** _____(_____% ile) / _____(_____% ile) **Pulse**____

Vision R 20/ _____ **L 20/**_____ **Corrected: Y N**

Physical Examination (Below Must be Completed by Licensed Physician, Nurse Practitioner or Physician Assistant)

These are required elements for all examinations			
	NORMAL	**ABNORMAL**	**ABNORMAL FINDINGS**
PULSES			
HEART			
LUNGS			
SKIN			
NECK/BACK			
SHOULDER			
KNEE			
ANKLE/FOOT			
Other Orthopedic Problems			

Optional Examination Elements – Should be done if history indicates

HEENT			
ABDOMINAL			
GENITALIA (MALES)			
HERNIA (MALES)			

Clearance:

❑ **A. Cleared**

❑ **B. Cleared after completing evaluation/rehabilitation for :**_____

❑ *** **C. Medical Waiver Form must be attached (for the condition of:** _____**)**

❑ **D. Not cleared for:** ❑ **Collision** ❑ **Contact**

❑ **Non-contact** _____**Strenuous** _____**Moderately strenuous** _____**Non-strenuous**

Due to:_____

_____

_____

Additional Recommendations/Rehab Instructions:_____

_____

_____

_____

Name of Physician/Extender:_____

Signature of Physician/Extender_____ **MD DO PA NP**

(Signature and circle of designated degree required)

Date of exam:_____

Address: _____

_____

Phone_____

Physician Office Stamp:

(*** The following are considered disqualifying until appropriate medical and parental releases are obtained: post-operative clearance, acute infections, obvious growth retardation, uncontrolled diabetes, severe visual or auditory impairment, pulmonary insufficiency, organic heart disease or Stage 2 hypertension, enlarged liver or spleen, a chronic musculoskeletal condition that limits ability for safe exercise/sport (i.e. Klippel-Feil anomaly, Sprengel's deformity), history of uncontrolled seizures, absence of/ or one kidney, eye, testicle or ovary, etc.)

This form is approved by the North Carolina High School Athletic Association Sports Medicine Advisory Committee and the NCHSAA Board of Directors.
This form is current as of April 2016