

# PHYSICAL EXAMINATION

Optional

Pulse: \_\_\_\_\_

Height: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_

Weight: \_\_\_\_\_ Visual Acuity: Left 20/\_\_\_\_\_  
Grade Right 20/\_\_\_\_\_

Urinalysis:
Body Fat %:
HCT:
EST VO2 Max:
Audiometry:

Normal

Abnormal

- |  |                          |       |
|--|--------------------------|-------|
| <input type="checkbox"/> 1 Head                          | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> 2 Eyes (pupils), ENT            | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> 3 Teeth                         | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> 4 Chest                         | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> 5 Lungs                         | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> 6 Heart                         | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> 7 Abdomen                       | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> 8 Genitalia                     | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> 9 Neurologic                    | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> 10 Skin                         | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> 11 Physical Maturity            | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> 12 Spine. Back                  | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> 13 Shoulders. Upper extremities | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> 14 Lower extremities            | <input type="checkbox"/> | _____ |

Assessment:  Full participation  
 Limited participation (describe limitations, restrictions):

\_\_\_\_\_

Participation contraindicated (list reasons):

\_\_\_\_\_

Recommendations (equipment, taping, rehabilitation, etc.):

\_\_\_\_\_

DATE: \_\_\_\_\_ EXAMINER'S SIGNATURE: \_\_\_\_\_

EXAMINER'S PHONE: \_\_\_\_\_ PRINT EXAMINER'S NAME: \_\_\_\_\_

**PHYSICAL EXAM IS GOOD FOR 24 MONTHS**