



# What Do I Need For My Sports Physical?



## Completed PIAA Physical Packet

- Make sure each page is filled out accurately and fully. This includes dates and signatures.
- Sections 1-5 and the top two lines of Section 6 should be filled out prior to arriving.
- If you have any questions, please ask!



## Glasses or Contacts

- If you wear glasses or contacts, to read or play sports, it is necessary to bring them with you and wear them when completing your vision screening to ensure accurate results.
- Please let us know if you are having any vision concerns.



## Proper Shoes and Attire

- You will be asked to move around during your exam to check strength, flexibility, etc.
- Wearing comfortable athletic clothing (such as a t-shirt, shorts, and sneakers) is preferred.



## List of Questions for the Athletic Trainer or Doctor

- Do you have any questions or concerns about your health? Are you having any pain?
- Write down any questions or concerns you have, and be sure to discuss them with the Athletic Trainer or Doctor during your visit.

# What Is Evaluated At My Sports Physical?



Height & Weight



Vision



Blood Pressure



Strength & Flexibility



General Medical Status



Overall Wellness

Please note, when scheduling your physical, try to schedule your appointment prior to practice/conditioning work, and avoid caffeine use. This will help expedite the physical process and improve the accuracy of results in most cases.