



# NORTHWEST CHRISTIAN SCHOOLS ATHLETIC PHYSICAL FORM

Name \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_

Sex \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_ Blood Pressure \_\_\_\_\_ / \_\_\_\_\_ Pulse \_\_\_\_\_

Vision R 20/ \_\_\_\_\_ L 20/ \_\_\_\_\_ Corrected Y N

|                    | Normal | Abnormal Findings            | Initials |
|--------------------|--------|------------------------------|----------|
| HEENT              |        |                              |          |
| Pupils equal?      |        |                              |          |
| Heart              |        |                              |          |
| Pulses             |        |                              |          |
| Lungs              |        |                              |          |
| Abdominal          |        |                              |          |
| Testicles / hernia |        |                              |          |
| Musculoskeletal    |        |                              |          |
| Neck               |        |                              |          |
| Back               |        |                              |          |
| Shoulder           |        |                              |          |
| Elbow              |        |                              |          |
| Wrist              |        |                              |          |
| Hand               |        |                              |          |
| Hip                |        |                              |          |
| Knee               |        | R MCL R ACL<br>L MCL L ACL   |          |
| Ankle              |        | R ANT DRAWER<br>L ANT DRAWER |          |
| Foot               |        |                              |          |

- No restriction for sports participation
- Clearance withheld pending attached verification of rehabilitation / evaluation for: \_\_\_\_\_

Limited participation. Not cleared for the following types of sports: \_\_\_\_\_

Recommendations: \_\_\_\_\_

Examiner's Signature \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_