

WHAT COACHES NEED TO KNOW ABOUT ILLNESS AND INJURY

DR.KEVIN R. SUBBAN



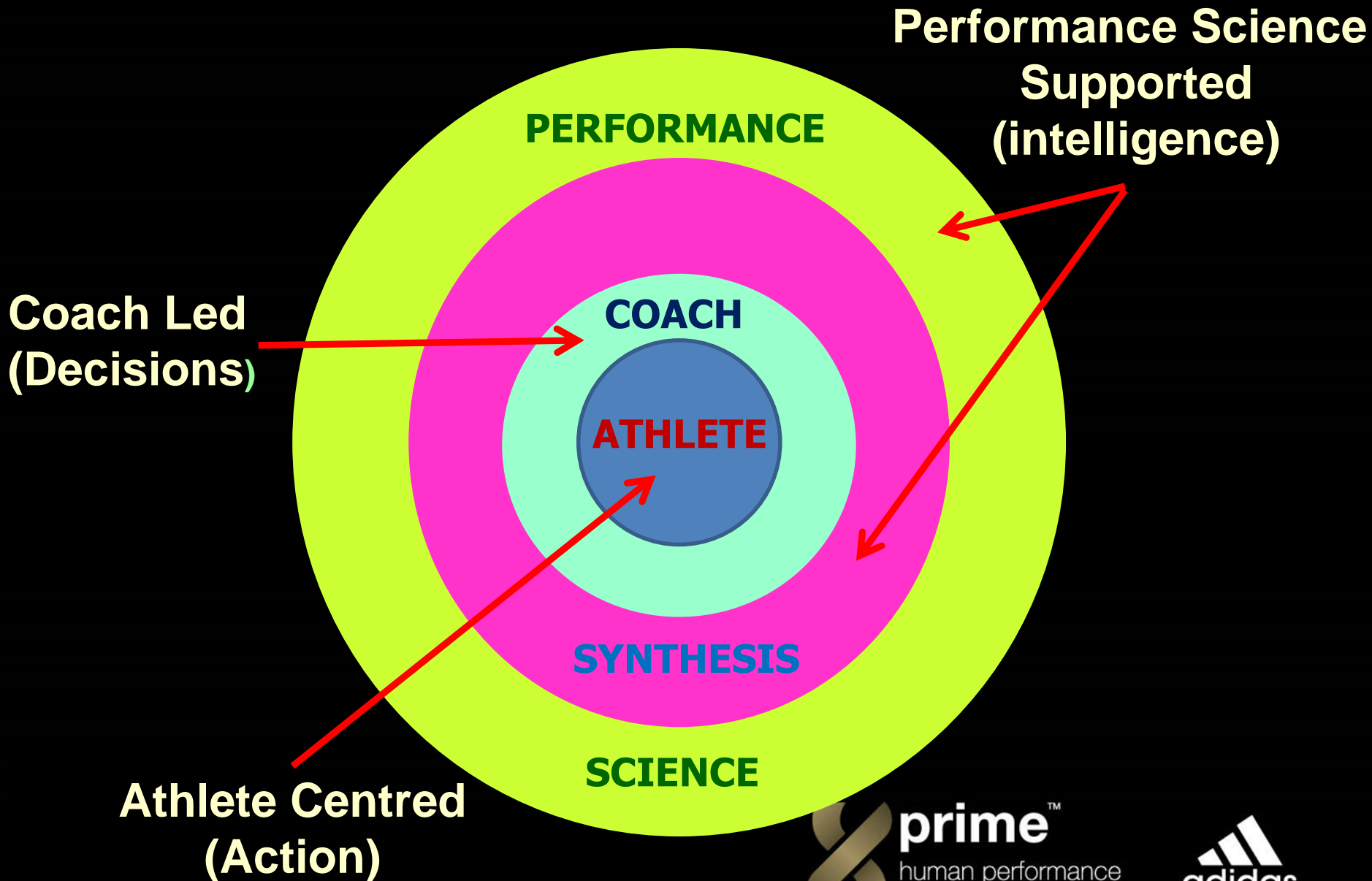
FACTS.....

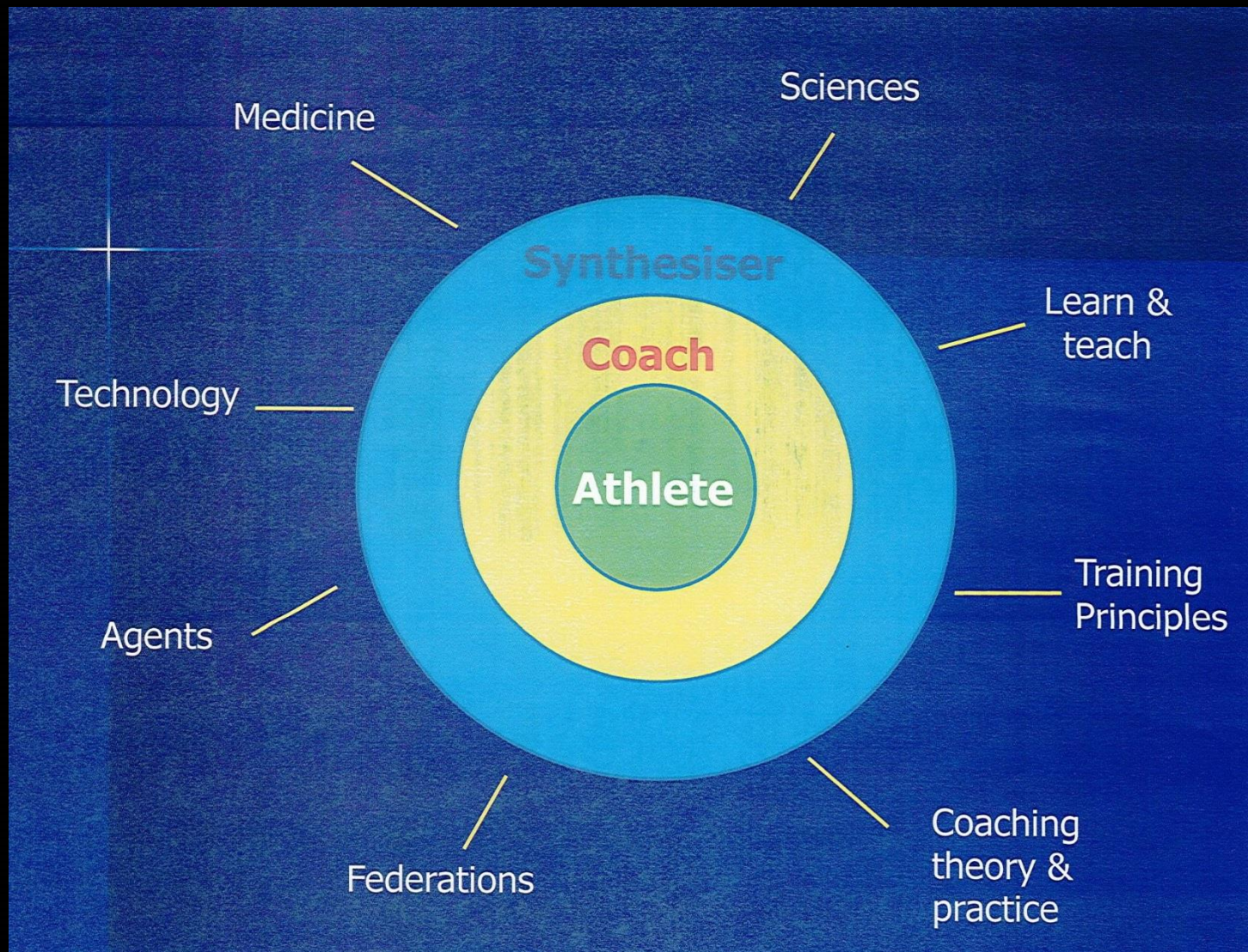
- Elite athletes endeavour to train even when they are ill or injured
- Due to intrinsic factors or coach and team pressures
- Return to Play decisions are very complex.
- Successful decision making requires integration and communication between disciplines

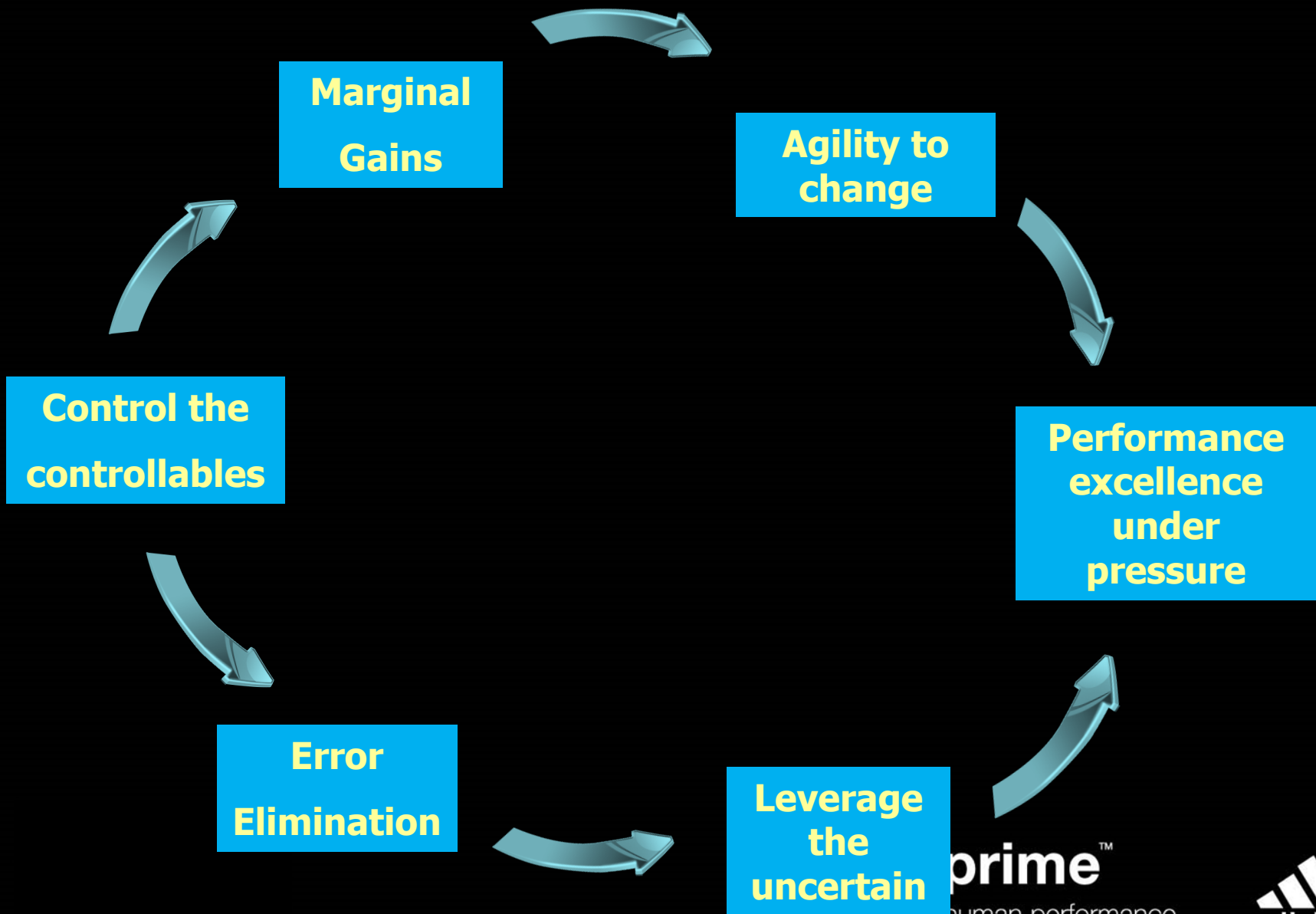
- **British Track and Field Athletes (2012 Olympic Games):**
 - 80% of all athletes selected to compete at the Olympics had injuries or illnesses that required management before, during and after the games.
 - 25% of these had surgical interventions during their athletic career
 - 15% required surgery after the games

Statistics HIGHLIGHT the importance of establishing appropriate structures, personnel and communication to manage the athletes health on a continuous basis and not only during major competitions









Marginal Gains

Agility to change

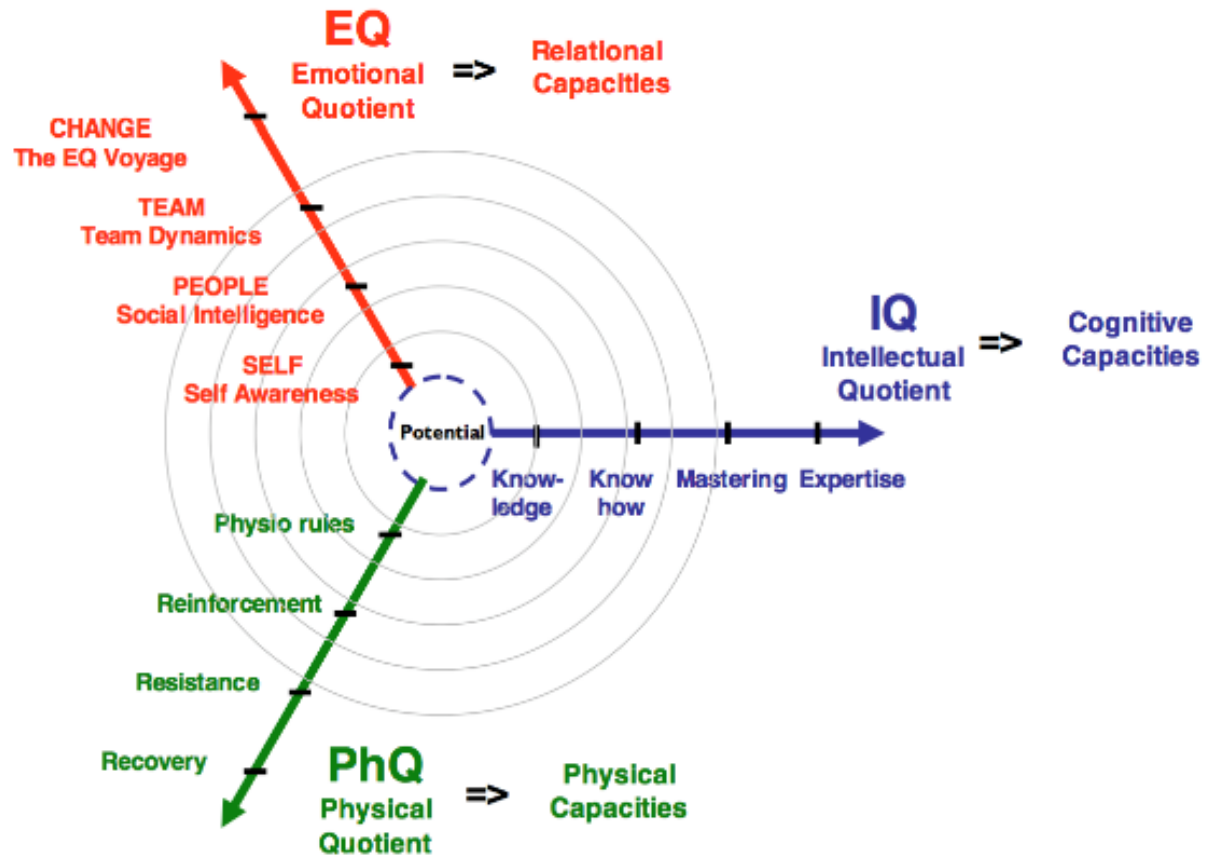
Performance excellence under pressure

Control the controllables

Error Elimination

Leverage the uncertain

IQ – EQ – PhQ



Athletic performance
(integrated performance outcome)

From Marco
Cardinale

Optimal ← → Under-performance

Periodisation plan & competition sequencing

Optimal ← → Poor

Physiology

Biomechanics

Psychology

Tactics

Health/lifestyle

Sequence of training (macro, meso, micro)

Strength training
General -
specific

Endur. training
General -
specific

Optimal/Poor

Optimal/Poor

Optimal/Poor

Optimal/Poor

Opt./Poor

Opt./Poor

Volume/
intensity

Volume/
intensity

Competition
analysis

Emotional
stability

Psych

Social
distractions

Nontraining
stress

Health

Recovery
training
Opt./Poor

confidence

Focus &
discipline

Cognitive
stress

%muscle/
fat

nutrition
sickness

fatigue

Mobility
training

Speed
training

Technique(s)

Agility
training

Equip-
ment

prime™
relationships
institute

Finances

Work

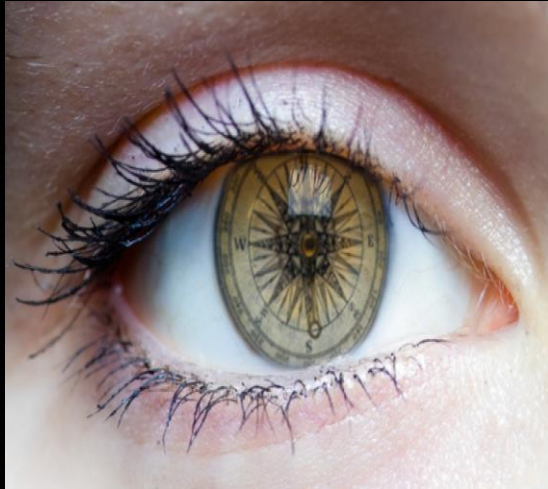
School



Training Stability

SCIENCE INFORMS THE
COACH'S DECISION
MAKING
IT DOES NOT REPLACE IT





AS A COACH

**“LET SCIENCE BE
YOUR EYE ON THE COMPASS
LET ART BE
YOUR HAND ON THE RUDDER”**

Frank Dick





THE COACH'S DECISIONS:

EVIDENCE BASED
(SCIENCE CRITICAL)

JUDGEMENT BASED
(ART CRITICAL)



DOES THE SCIENCE, MEDICAL &
PERFORMANCE TECHNOLOGY INPUT
ADD VALUE TO THE COACH'S WORK
& THEREFORE THE ATHLETE'S
PERFORMANCE?



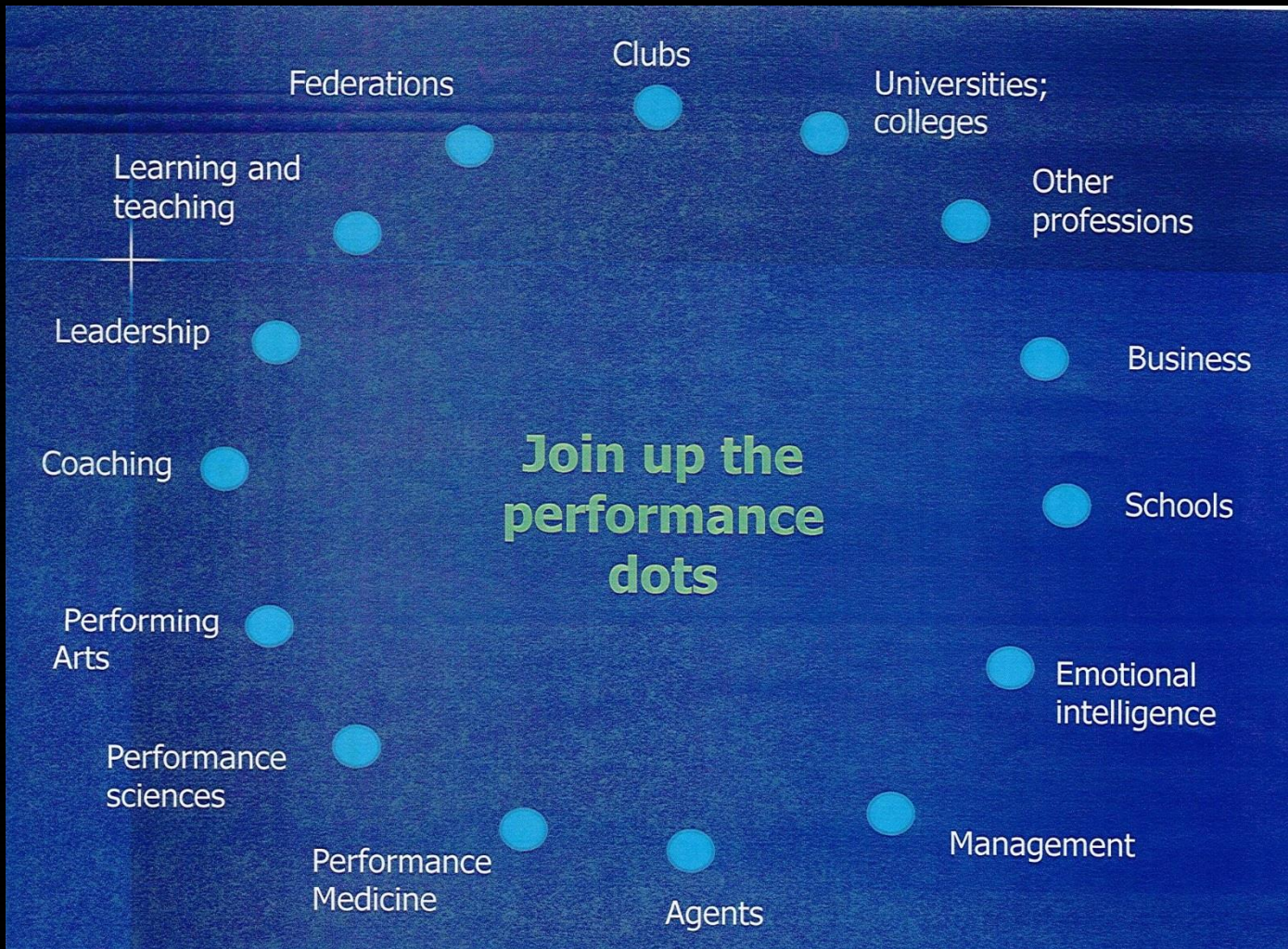
“Probably the only sustainable competitive advantage you have is the ability to learn faster than the opposition.”

Arie de Geus



Coach's Double Vision





Partnerships



8

- Cross sport
- Education: health/wellbeing: sport: recreation/culture
- Performance related cohesion, cooperation, collaboration

Components of World Leading Institutes: Sport Science

Developing

Defined

Advanced

Best-in-Class

1

2

3

4

■ Current State ■ Future State ■ Current State = Future State

Sport Science

- Organization provides a basic performance environment where athlete performance and physical state can be monitored; comprised of basic equipment.
- Certified strength and conditioning coaches provide individualized and team training.
- Facility does not offer discipline specific coaching i.e. choreography and artistic coaching.

- Facility provides a performance training environment where athletic performance and physical state can be tested, improved.
- Staff is comprised of post-secondary educated strength and conditioning coaches providing individualized and team training based on performance analysis and metrics.
- Facility outsources discipline specific coaching i.e. choreography and artistic coaching.
- Programming adheres to research and evidence based practices related to appropriate age/stage of development principles.

- Facility provides a high performance training environment where *most* aspects of the athletes physical state and athletic performance can be tested, monitored, improved.
- High performance environment offers biomechanical video and motion analysis as well as computer evaluation of performance outputs.
- High performance environment provides standard physiology testing through periodized annual planning.
- Staff is lead by Masters and PhD Exercise Physiologists, Anthropometrists, Biomechanists and Lab Technicians capable of monitoring all aspects of an athlete's physical state.
- Training staff is comprised of dedicated, full time experts.
- Post-secondary educated strength and conditioning coaches providing individualized and team training, recovery programs influenced by developments in high performance sport.
- Facility outsources discipline specific coaching i.e. choreography and artistic coaching.

- Facility provides a high performance training environment where *every* aspect of the athletes' physical state and athletic performance is planned, tested, monitored, improved, from their technical efficiency to their physiology, to the effect of environmental changes.
- Training staff is comprised of dedicated, full time experts.
- High performance environment offers biomechanical video and motion analysis as well as computer evaluation of performance outputs.
- High performance environment provides physiology testing through periodized annual planning and cycle-based plans that include competition, practice and training schedules, tapering strategies, volume intensity fluctuations.
- Both laboratory and sport specific field tests are available for monitoring purposes.
- Staff is comprised of experienced, Masters and PhD strength and conditioning experts providing individualized and team training, recovery programs influenced by the latest technological research, developments, equipment and lab analysis.
- Training staff is comprised of experienced, Masters and PhD Exercise Physiologists, Anthropometrists, Biomechanists and Lab Technicians capable of monitoring all aspects of an athlete's physical state.
- Facility provides access to discipline specific coaching i.e. choreography and artistic coaching.
- Ongoing Training and knowledge development through Mentorship, Fellowship Programs and sharing activities with the national/international community of Science, Health and Humanitarian Organizations through Sport and Olympic Values.

Components of World Leading Institutes: Medicine, Sport Medicine, Para

Developing

Defined

Advanced

Best-in-Class

1

2

3

4

■ Current State ■ Future State ■ Current State = Future State

Medicine (Basic Health), Sport Medicine and Para Medicine

- The facility provides limited and inconsistent medical support for high performance athletes (able body and athletes with a disability).
- Emphasis is on basic health
- Medical care is reactionary; evaluation, management and treatment is practiced post symptoms.
- Assessments and treatment methods are based on staff education/experience.
- Facility is staffed with part-time visiting Physiotherapists and Family Medicine Physicians

- Facility provides part-time health services comprised of licenced physicians encouraging overall health.
- Medical care is reactionary; evaluation, management and treatment is practiced post symptoms.
- Facility provides basic rehabilitation equipment needed for sports injury recovery i.e. treatment tables and E-Stim machines.
- Facility provides assessments and treatment methods based on current evidence-based research; facility offers traditional treatment techniques.
- Facility is staffed with part-time sport psychologist Ph.D.'s focused on personal athlete development, and high level performance.
- Facility offers part time certified nutritionists to assist with athlete nutrient consumption.
- Sport medicine staff is comprised of part-time qualified professionals with backgrounds in high performance sport including Registered Physiotherapists and Sport Medicine Physicians.

- Facility provides basic on-site health services comprised of licenced physicians and registered nurses needed to promote overall athlete health.
- Medical care includes a proactive approach to injury prevention, evaluation, management and treatment of athletic injuries.
- Facility provides basic rehabilitation equipment needed for sports injury recovery i.e. treatment tables and E-Stim machines.
- Facility provides assessments and treatment methods based on current evidence-based research; facility offers traditional treatment techniques.
- Facility is staffed with sport psychologist Ph.D.'s focused on personal athlete development and high level performance.
- Training staff is comprised of dedicated, full time experts.
- Facility offers accredited, registered dietitians with backgrounds in high performance sport.
- Sport Medicine staff is comprised of qualified professionals with backgrounds in high performance sport including Registered Physiotherapists and Sport Medicine Physicians.
- Staff operate in an integrated and multi-disciplinarian manner.
- Facility has appropriate devices for emergency care according to current safety standards, and well trained staff in CPR manoeuvres and evacuation protocols.

- Focus is performance medicine.
- Training staff is comprised of dedicated, full time experts.
- Facility provides on-site health services comprised of licenced physicians, registered nurses and other specialists needed to promote overall athlete health/wellness. i.e. dental and optometry.
- Medical care includes a proactive, performance focused, multi-disciplinary approach to injury prevention, evaluation, management, treatment and rehabilitation of athletic injuries/illnesses.
- Facility offers in house diagnostic imaging services. i.e. X-ray, ultrasound, computed tomography, Magnetic Resonance Imaging and Women's Imaging.
- Facility provides top level rehabilitation equipment needed for sports injury recovery.
- Facility caters to Paralympic medical needs in providing equipment adjustments and para-specific medical services.
- Facility provides the most up to date assessment/treatment methods based on current evidence-based research studies.
- Facility offers traditional treatment techniques paired with several specialized areas of physiotherapy, i.e. acupuncture and intramuscular stimulation.
- Facility offers accredited, registered dietitians with backgrounds in high performance sport.
- Sport Medicine staff is comprised of fully qualified and experienced professionals with expertise in a multitude of sports disciplines.
- Facility has an external network of specialists necessary to provide comprehensive care for the athletes. i.e. orthopedics, cardiologist, surgery facilities.
- Facility provides access to sport psychologist Ph.D.'s focused on optimising mental and emotional skills, techniques, processes that lead to positive personal development and high level performance.
- Facility has appropriate devices for emergency care according to current safety standards and well trained staff in CPR manoeuvres and evacuation protocols.

Components of World Leading Institutes: Coaching

Developing

Defined

Advanced

Best-in-Class

1

2

3

4

■ Current State ■ Future State ■ Current State = Future State

Coaching

- Coaching staff is procured by Organization on an ad hoc basis; majority of coaching staff is volunteer.
- Organization has no set athlete:coach ratio; Erratic coverage for training groups.
- Organization coaches possess basic background in high performance sport and minimal credentials.

- Quality coaching is available.
- Coaches are employed by Organization.
- Organization has no set athlete:coach ratio; inconsistent coverage for most training groups.
- Organization coaches possess basic credentials stipulated by provincial or state sport organizations.
- Lead coaching staff possess relative education or academic accreditation.
- Organization has access to select specialized coaches that cater to limited aspects of athlete performance in specified disciplines i.e. start and power coaches.
- Organization coaches are limited in capacity in regards to coaching elite levels of performance.
- Organization encourages coaches to pursue further education and participate in professional development and mentorship programming.
- Coaches possess a basic sport performance background.
- Periodic and ongoing education offered on site.

- International quality coaching is available.
- Lead coaching staff provided by Organization are employed by the National Sport Federation and/or Institute.
- Organization possess adequate coaching coverage per sport discipline; averaging a 8:1 athlete:coach ratio.
- Organization's coaches possess credentials stipulated by provincial or state sport organizations; demonstrating not only knowledge and skill, but also a commitment to high professional standards and a strong code of ethics.
- Lead coaching staff holds relative academic or post secondary accreditation.
- Organization hosts specialized coaches that cater to limited aspects of athlete performance in specified disciplines i.e. start and power coaches.
- Organization coaches possess attributes and capacity to coach at major levels of performance.
- Organization offers professional development, education and mentorship opportunities to eligible coaches promoting skills, tactics, systems and cross pollination.
- Coaching staff possess a diverse background in high performance sport and an understanding of the appropriate age and stage of athlete development.

- World class, experienced coaches with a history of podium performances available for each Training Group.
- Coaching staff provided by Organization are employed by the National Sport Federation.
- Appropriate administrative support is available for the coaches.
- Organization possess abundant coaching coverage per sport discipline; averaging a 4:1 athlete:coach ratio.
- Organization's coaches possess credentials stipulated by provincial or state sport organizations; demonstrating not only knowledge and skill, but also a commitment to high professional standards and a strong code of ethics.
- Coaching staff possess coaching licences demonstrating competency; acting within a code of conduct reflective of the national associations expectations.
- Lead members of organization's coaching staff hold post secondary Masters accreditations.
- Organization hosts specialized coaches that cater to various aspects of athlete performance in specified disciplines i.e. start and power coaches.
- Organization's coaches possess attributes and capacity to comfortably coach at all levels of performance i.e. development to elite high performance levels.
- Organization offers and funds professional development, education/ mentorship opportunities to eligible coaches promoting skills, tactics, systems and cross pollination - coach education programs are aligned with sport organization coach development plans.
- Coaching staff possess a diverse background in high performance sport and an understanding of the appropriate age and stage of athlete development.
- Customized personal and professional development plans for coaches are available.

Reference Article

“ Managing the health of the Elite Athlete: A New Integrated Performance Health Management and Coaching Model”

Dijkstra HP, *et al. Br J Sports Med* 2014; **48**: 523-531



Performance Coaching

Performance Health Management

Medical Director / Chief Medical Officer

Appropriately qualified, registered and experienced clinician

Personal Sports Physician or CMO case managing when ill or injured

Medicine & Therapy

Personal Sports Physician, GP, Other Medical Consultants

Physical Therapy (Physiotherapist, Osteopath, Chiropractor, Soft Tissue Therapist)

Sciences

Nutrition, Physiology, Psychology, Biomechanics, Podiatry

Head Coach / Performance Director

Appropriately qualified, registered and experienced coach / member of multidisciplinary team

Head coach and personal coach case managing when athlete not ill or injured

Board of Directors responsible for strategy and vision of the National Governing Body (NGB) / club

CEO: Implementing the strategy and vision of the board

Performance Director (PD): Lead the performance teams - ultimate performance responsibility*

* (UKA did not appoint a PD for the 2012 Olympics)

National Lead for Medicine and Science (UKA 2009-2012): Performance management of medical team; Line manage CMO, Head of Therapy and Individual Science team members. **UK Athletics Head of Sports Science appointed in 2013

CMO: Managing the Medical and Science team during competition - Ultimate clinical responsibility. Manage and implement department strategic goals and objectives; Line manage Sports Physicians - specific key performance indicators

Lead the Medical team to major competitions

Head Coaches: Responsible for managing the coaching team - Ultimate Performance Coaching responsibility; leading the UKA team to competitions

Individuals practitioners all professionally registered

Clear roles and responsibilities - individual key performance indicators aligned with department and NGB strategy and vision

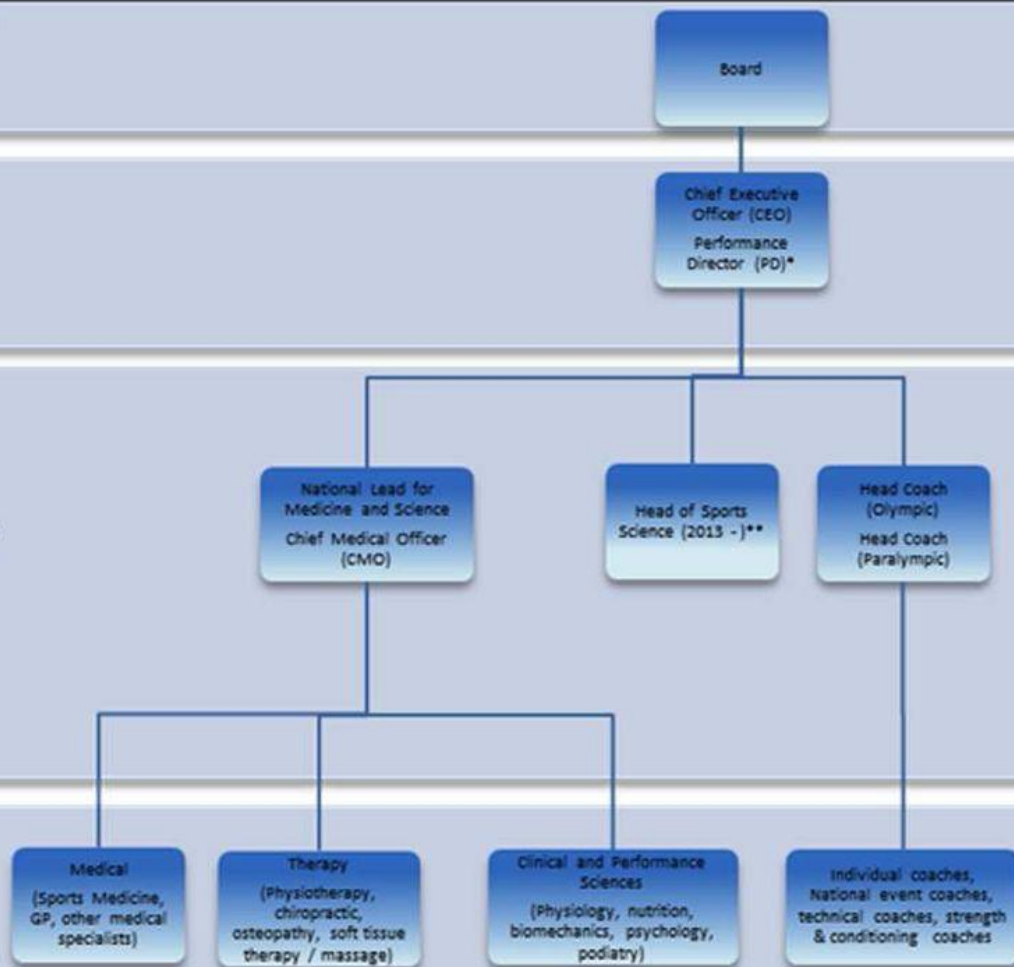


Table 3 The five-colour health and performance risk grading system

Health status: state-specific conditions where applicable	Medical/injury (health) risk	Performance risk*
<p>Healthy—no illness/injury</p>	<p>Minimal risk to your future health based on your current health status <i>It should be noted that this grading is fluent and might change at any time should you become ill or injured. It is your responsibility to consult with a Sports Physician or Physiotherapist immediately if you have any health concerns</i></p>	<p>Minimal risk of suboptimal performance based on your current health status and the nature of the sport/event <i>It should be noted that this grading is fluent and might change at any time should you become ill or injured. It is your responsibility to consult your coach/manager immediately if you have any concerns</i></p>
<p>Asymptomatic chronic illness/injury (well controlled)—for example</p> <ul style="list-style-type: none"> ▶ Asthma—well controlled; ▶ Insufficient Vitamin D; ▶ Previous ACL injury 	<p>Low risk to your health due to the nature of the conditions stated in column one <i>It should be noted that this grading is fluent and might change at any time should the condition(s) become symptomatic. It is your responsibility to consult with a Sports Physician or Physiotherapist immediately if you have any health concerns</i></p>	<p>Low risk of suboptimal performance due to the nature of the conditions stated in column one and the demands of the sport <i>It should be noted that this grading is fluent and might change at any time should the condition(s) become symptomatic. It is your responsibility to consult your coach/manager immediately if you have any concerns</i></p>
<p>Symptomatic illness/injury in full training/competition—for example</p> <ul style="list-style-type: none"> ▶ Previous ACL/partial meniscectomy with mild effusion/pain associated with loading/training 	<p>Mild risk to your health due to the nature of the conditions stated in column one <i>It should be noted that this grading is fluent and might change at any time should the condition(s) become symptomatic. It is your responsibility to consult with a Sports Physician or Physiotherapist immediately if you have any health concerns</i></p>	<p>Mild risk of suboptimal performance due to the nature of the conditions stated in column one and the demands of the sport <i>It should be noted that this grading is fluent and might change at any time should the condition(s) become more symptomatic. It is your responsibility to consult your coach/manager immediately if you have any concerns</i></p>
<p>Symptomatic illness/injury with modified training—for example</p> <ul style="list-style-type: none"> ▶ Recent stress fracture, asymptomatic and doing modified training but still unable to sustain normal training load 	<p>Moderate risk to your health due to the nature of the conditions stated in column one <i>It should be noted that this grading is fluent and might change at any time should the condition(s) become symptomatic. It is your responsibility to consult with a Sports Physician or Physiotherapist immediately if you have any health concerns</i></p>	<p>Moderate risk of suboptimal performance due to the nature of the conditions stated in column one and the demands of the sport <i>It should be noted that this grading is fluent and might change at any time should the condition(s) become more symptomatic. It is your responsibility to consult your coach/manager immediately if you have any concerns</i></p>
<p>Symptomatic illness/injury—no training—for example</p> <ul style="list-style-type: none"> ▶ Pneumonia with high fever ▶ HOCM† 	<p>High risk to your health due to the nature of the conditions stated in column one The medical advice is that training and competition should be avoided <i>It should be noted that this grading might be fluent and might change at any time should the nature of the condition(s) change. It is your sole responsibility if you decide not to adhere to the medical advice and to consult with a Sports Physician or Physiotherapist immediately if you have any further concerns</i></p>	<p>High risk of suboptimal performance due to the nature of the conditions stated in column one and the demands of the sport <i>It should be noted that this grading is fluent and might change at any time should the condition(s) become less symptomatic—consult your coach/manager immediately if you have any concerns</i></p>

*The performance risk column did not form part of the official EMR system but guided performance discussions (between the athlete, coach and medical team).

†It is important to consider high risk (often asymptomatic) medical conditions here.

ACL, anterior cruciate ligament; EMR, electronic medical record; HOCM, hypertrophic obstructive cardiomyopathy.

Athlete Information

A

DON'T LET BUGS MEDAL WITH YOUR CHANCES

Most infections are spread through poor hygiene
Wash your hands frequently and use alcohol gel
Speak to your UKA Doctor or Nutritionist for supplement advice

A young man in a black tank top is shown from the chest up. His right arm is covered in blood and wounds, and he is holding his hand to his face in pain. The background is a blurred Union Jack flag.

UKA UNITED KINGDOM ATHLETICS

B

TO MAKE THAT LEAP, YOU NEED YOUR SLEEP

Don't turn up tired
Good sleep recovery is essential to performance
Speak to your UKA Doctor

A group of athletes in various colored singlets are in starting blocks on a blue running track. One athlete in the foreground is lying face down on the track, appearing to be asleep. The track has white lane markings and numbers '1' and '2' visible.

UKA UNITED KINGDOM ATHLETICS



Athlete Health & Performance Passport



Multi-Disciplinary Team



Athlete Monitoring and Data Management

EDGE10/

Access & analyse **every** data point on **every** athlete across **every** department



Multi-Sport



Next generation reporting & dashboard framework



Every department – coaching, S&C, sport science, medical, performance analysis, etc



Comprehensive consultancy & support based on EDGE10's experience working with 250+ teams & Olympic Associations



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Results Monitoring



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Talent Identification



Predictive Analysis



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PHE Evaluation

Appendix 1

Athlete PHE Form

MEDICAL HISTORY

Demographic

Personal Information

Last Name _____ First Name _____
 Address: Street _____ City _____ Region _____
 Post Code _____ Country _____
 Preferred Language: _____
 Birthdate: yyyy/mm/dd _____
 Sex (M/F) _____
 Phone: Home _____ Mobile _____
 Emergency Contact 1: Name _____ Relationship _____ Phone _____
 Emergency Contact 2: Name _____ Relationship _____ Phone _____
 Health Care Insurance (company number): _____
 Family Physician (name, phone number): _____

Background

The following questions ask for information regarding your personal background
 What is your main sport? (sport, event/position): _____

Have you participated in other sports in the past (include those sports you have done competitively)? No Yes
 What is your ethnic origin? _____ No Yes
 Do you have any religious convictions that could affect your medical treatment? No Yes
 When was the last time you had a complete physical examination? _____
 Have you ever failed a pre-participation examination for sports, or has your doctor ever stopped you from participating in sports for any reason? No Yes
 In total, how many days have you missed practice or competition in the past year because of injury or illness? _____

Heart

Have you ever had any of the following heart or circulation related problems?:
 Chest pain, discomfort, tightness or pressure with exercise? No Yes
 Unexplained fainting or near fainting or passed out for no reason DURING or AFTER exercise? No Yes
 Excessive or unexplained shortness of breath, lightheaded, or fatigue with exercise? No Yes
 Do you get more tired or short of breath more quickly than your friends during exercise? No Yes
 Does your heart race or skip beats (irregular beats) during exercise? No Yes
 Heart murmur, high blood pressure, high cholesterol, heart infection or inflammation, rheumatic fever, heart valve problems, or any other heart related problem? No Yes
 Have you ever had an unexplained seizure? No Yes
 Any tests for your heart (for example, ECG or EKG, echocardiogram)? No Yes

Breathing

Have you ever had any of the following respiratory or breathing problems:
 Do you have asthma? No Yes
 Do you have any other symptoms of respiratory (lung) disease including, wheezing, cough, postnasal drip, hay fever, or repeated flu like illness? No Yes
 Do you cough, wheeze or have more difficulty breathing than you should during or after exercise? No Yes
 Have you ever used asthma medication (such as an inhaler)? No Yes
 Have you ever had bronchitis, pneumonia, tuberculosis, cystic fibrosis or other respiratory or other breathing problem? No Yes

Heat

The following questions are about exercise in the heat:
 Have you ever become ill while exercising in the heat? No Yes
 Have you ever been diagnosed with heat exhaustion, heat stroke or hyperthermia? No Yes
 Do you get frequent muscle cramps while exercising? No Yes
 Have you ever had electrolyte (salt) or fluid imbalance? No Yes

Medical

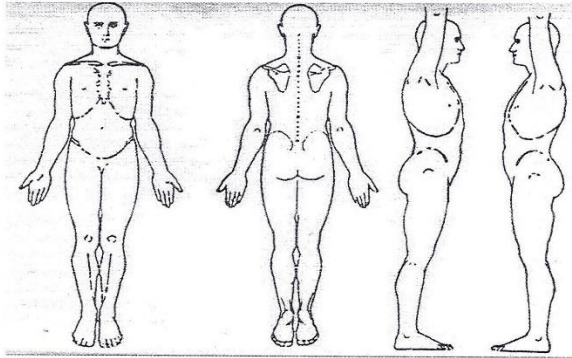
Do you have any ongoing medical conditions or illnesses? No Yes
 Do you have, or have you ever had any symptoms of medical problems such as:
 Infections mononucleosis (mono), flu like symptoms or viral illness within the past month? No Yes
 Disease of the ears (infections, hearing loss, pain), nose (sneezing, itchy nose, sinusitis, blocked nose) or throat (sore throat, hoarse voice, swollen glands in the neck)? No Yes
 Blood disorders such as anemia, low iron stores, sickle cell trait or sickle cell disease, abnormal bleeding or clotting disorder, blood clot (embolus), or other blood disorder? No Yes
 Immune system including current infections, recurrent infections, HIV/AIDS, leukemia, or are you using any immunosuppressive medication? No Yes
 Skin problems such as rashes, infections (fungus, herpes, MRSA) or other skin problems? No Yes
 Kidney or bladder disease, blood in the urine, loin pain, kidney stones, frequent urination, or burning during urination? No Yes
 Gastrointestinal disease including heartburn, nausea, vomiting, abdominal pain, weight loss or gain (> 5kg), a change in bowel habits, chronic diarrhea, blood in the stools, or past history of liver, pancreatic or gallbladder disease? No Yes
 Nervous system including past history of stroke or transient ischaemic attack (TIA), frequent or severe headaches, dizziness, blackouts, epilepsy, depression, anxiety attacks, muscle weakness, nerve tingling, loss of sensation, muscle cramps, or chronic fatigue? No Yes
 Metabolic or hormonal disease including diabetes mellitus, thyroid gland disorders, or hypoglycaemia (low blood sugar)? No Yes
 Infections such as meningitis, hepatitis (sandwich), or chicken pox? No Yes
 Arthritis or joint pain, swelling and redness not related to injury? No Yes
 Were you born without, or are you missing a kidney, an eye or any other organ? No Yes

MUSCULOSKELETAL SCREENING

Athlete's name: _____

Sport discipline: _____

Events: _____



Have you ever had pain/injuries/problems in any of the following?

Neck	No / Yes in the past / Yes at present
Middle Back	No / Yes in the past / Yes at present
Lower Back	No / Yes in the past / Yes at present
Chest and ribs	No / Yes in the past / Yes at present
Shoulder area including collar bone	No / Yes in the past / Yes at present
Upper Arm	No / Yes in the past / Yes at present
Elbow	No / Yes in the past / Yes at present
Lower Arm	No / Yes in the past / Yes at present
Wrist and hand or fingers	No / Yes in the past / Yes at present
Pelvis, groin or hip	No / Yes in the past / Yes at present
Thigh (hamstring or quads)	No / Yes in the past / Yes at present
Knee	No / Yes in the past / Yes at present
Lower leg (calf or shin)	No / Yes in the past / Yes at present
Ankle	No / Yes in the past / Yes at present
Foot or toes	No / Yes in the past / Yes at present
Other	No / Yes in the past / Yes at present

Please mark these problems, pain or injuries on the body chart above

PHE cont...

Preparticipation Physical Evaluation

HISTORY

DATE OF EXAM

Name _____ Sex _____ Age _____ Date of birth _____
 Grade _____ School _____ Sport(s) _____
 Address _____ Phone _____
 Personal physician _____
In case of emergency, contact
 Name _____ Relationship _____ Phone (H) _____ (W) _____

Explain "Yes" answers below.
 Circle questions you don't know the answers to.

- | | Yes | No | | Yes | No |
|--|--------------------------|--------------------------|---|----------------------------------|------------------------------------|
| 1. Have you had a medical illness or injury since your last check up or sports physical? | <input type="checkbox"/> | <input type="checkbox"/> | 10. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have an ongoing or chronic illness? | <input type="checkbox"/> | <input type="checkbox"/> | 11. Have you had any problems with your eyes or vision? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Have you ever been hospitalized overnight? | <input type="checkbox"/> | <input type="checkbox"/> | Do you wear glasses, contacts, or protective eyewear? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever had surgery? | <input type="checkbox"/> | <input type="checkbox"/> | 12. Have you ever had a sprain, strain, or swelling after injury? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Are you currently taking any prescription or nonprescription (over-the-counter) medications or pills or using an inhaler? | <input type="checkbox"/> | <input type="checkbox"/> | Have you broken or fractured any bones or dislocated any joints? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance? | <input type="checkbox"/> | <input type="checkbox"/> | Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? | <input type="checkbox"/> | <input type="checkbox"/> | <i>If yes, check appropriate box and explain below:</i> | | |
| Have you ever had a rash or hives develop during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Head | <input type="checkbox"/> Elbow | <input type="checkbox"/> Hip |
| 5. Have you ever passed out during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Neck | <input type="checkbox"/> Forearm | <input type="checkbox"/> Thigh |
| Have you ever been dizzy during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Back | <input type="checkbox"/> Wrist | <input type="checkbox"/> Knee |
| Have you ever had chest pain during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Chest | <input type="checkbox"/> Hand | <input type="checkbox"/> Shin/calf |
| Do you get tired more quickly than your friends do during exercise? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Shoulder | <input type="checkbox"/> Finger | <input type="checkbox"/> Ankle |
| Have you ever had racing of your heart or skipped heartbeats? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Upper arm | | <input type="checkbox"/> Foot |
| Have you had high blood pressure or high cholesterol? | <input type="checkbox"/> | <input type="checkbox"/> | 13. Do you want to weigh more or less than you do now? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever been told you have a heart murmur? | <input type="checkbox"/> | <input type="checkbox"/> | Do you lose weight regularly to meet weight requirements for your sport? | <input type="checkbox"/> | <input type="checkbox"/> |
| Has any family member or relative died of heart problems or of sudden death before age 50? | <input type="checkbox"/> | <input type="checkbox"/> | 14. Do you feel stressed out? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? | <input type="checkbox"/> | <input type="checkbox"/> | 15. Record the dates of your most recent immunizations (shots) for: | | |
| Has a physician ever denied or restricted your participation in sports for any heart problems? | <input type="checkbox"/> | <input type="checkbox"/> | Tetanus | Measles | |
| 6. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? | <input type="checkbox"/> | <input type="checkbox"/> | Hepatitis B | Chickenpox | |
| 7. Have you ever had a head injury or concussion? | <input type="checkbox"/> | <input type="checkbox"/> | FEMALES ONLY | | |
| Have you ever been knocked out, become unconscious, or lost your memory? | <input type="checkbox"/> | <input type="checkbox"/> | 16. When was your first menstrual period? | | |
| Have you ever had a seizure? | <input type="checkbox"/> | <input type="checkbox"/> | When was your most recent menstrual period? | | |
| Do you have frequent or severe headaches? | <input type="checkbox"/> | <input type="checkbox"/> | How much time do you usually have from the start of one period to the start of another? | | |
| Have you ever had numbness or tingling in your arms, hands, legs, or feet? | <input type="checkbox"/> | <input type="checkbox"/> | How many periods have you had in the last year? | | |
| Have you ever had a stinger, burner, or pinched nerve? | <input type="checkbox"/> | <input type="checkbox"/> | What was the longest time between periods in the last year? | | |
| 8. Have you ever become ill from exercising in the heat? | <input type="checkbox"/> | <input type="checkbox"/> | Explain "Yes" answers here: | | |
| 9. Do you cough, wheeze, or have trouble breathing during or after activity? | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| Do you have asthma? | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| Do you have seasonal allergies that require medical treatment? | <input type="checkbox"/> | <input type="checkbox"/> | | | |

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____ Signature of parent/guardian _____ Date _____



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THANK YOU



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ON THE IMPORTANCE OF SPORTS

NELSON MANDELA
DURING SPEECH IN 2006

"Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. Sport can awaken hope where there was previously only despair."

