

OSSAA PHYSICAL EXAMINATION AND PARENTAL CONSENT FORM

PLEASE PRINT:

DATE OF EXAM: _____

Name: _____ Sex: _____ Age: _____ Date of Birth: _____

Grade: _____ School: _____ Sport(s): _____

Address: _____ Phone: _____

Personal physician: _____ Phone: _____

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?	☐	☐	Have you ever had numbness or tingling in your arms, hands, legs, or feet?	☐	☐
Do you have an ongoing or chronic illness?	☐	☐	8. Have you ever become ill from exercising in the heat?	☐	☐
2. Have you ever been hospitalized overnight?	☐	☐	9. Do you cough, wheeze, or have trouble breathing during or after activity?	☐	☐
Have you ever had surgery?	☐	☐	Do you have asthma?	☐	☐
3. Are you currently taking any prescription or nonprescription (over-the-counter) medications or pills or using an inhaler?	☐	☐	Do you have seasonal allergies that require medical treatment?	☐	☐
Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?	☐	☐	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, retainers on your teeth, hearing aids)?	☐	☐
4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	☐	☐	11. Have you had any problems with your eyes or vision?	☐	☐
Have you ever had a rash or hives develop during or after exercise?	☐	☐	Do you wear glasses, contacts, or protective eyewear?	☐	☐
5. Have you ever passed out during or after exercise?	☐	☐	12. Have you ever had a sprain, strain, or swelling after injury?	☐	☐
Have you ever been dizzy during or after exercise?	☐	☐	Have you broken or fractured any bones or dislocated any joints?	☐	☐
Have you ever had chest pain during or after exercise?	☐	☐	Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?	☐	☐
Do you get tired more quickly than your friends do during exercise?	☐	☐	If yes, check appropriate box and explain below.		
Have you ever had racing of your heart or skipped heartbeats?	☐	☐	☐ Head	☐ Elbow	☐ Hip
Have you had high blood pressure or high cholesterol?	☐	☐	☐ Neck	☐ Forearm	☐ Thigh
Have you ever been told you have a heart murmur?	☐	☐	☐ Back	☐ Wrist	☐ Knee
Has any family member or relative died of heart problems or of sudden death before age 50?	☐	☐	☐ Chest	☐ Hand	☐ Ankle
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	☐	☐	☐ Shoulder	☐ Finger	☐ Foot
Has a physician ever denied or restricted your participation in sports for any heart problems?	☐	☐	☐ Upper arm		
6. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?	☐	☐	13. Do you want to weigh more or less than you do now?	☐	☐
7. Have you ever had a head injury or concussion?	☐	☐	Do you lose weight regularly to meet weight requirements for your sport?	☐	☐
Have you ever been knocked out, become unconscious, or lost your memory?	☐	☐	14. Do you feel stressed out?	☐	☐
Have you ever had a seizure?	☐	☐	15. Record the dates of your most recent immunizations (shots) for:		
Do you have frequent or severe headaches?	☐	☐	Tetanus _____ Mumps _____		
			Hepatitis _____ Chickenpox _____		

Explain "Yes" answers on a separate sheet.

The above information is correct to the best of my knowledge. I hereby give my informed consent for the above-mentioned student to participate in activities. I understand the risk of injury in athletic participation. If my son/daughter becomes ill or is injured, necessary medical care can be instituted by physicians, coaches, trainers or other personnel properly trained. I further acknowledge and consent that, as a condition for participating in activities, identifying information about the above-mentioned student may be disclosed to OSSAA in connection with any investigation or inquiry concerning the student's eligibility to participate under any possible violation of OSSAA rules. OSSAA will undertake reasonable measures to maintain the confidentiality of such identifying information, provided that such information has not otherwise been publicly disclosed in some manner.

Signature of parent/guardian: _____ Date: _____

Physical Exam Forms Template For Pain Management

VM Jensen



Physical Exam Forms Template For Pain Management:

Practical Pain Management C. David Tollison, John R. Satterthwaite, Joseph W. Tollison, 2002 Thoroughly revised to reflect contemporary diagnostics and treatment this Third Edition is a comprehensive and practical reference on the assessment and management of acute and chronic pain This edition features 14 new chapters and is filled with new information on invasive procedures pharmacologic interventions neuraxial pharmacotherapy physical and occupational therapies diagnostic techniques pain in terminally ill patients cancer pain visceral pain rheumatologic disorders managed care and medicolegal issues Reorganized with two new sections focusing on diagnostics and cancer pain A Brandon Hill recommended title *Anesthesiology and Pain Management* T.H. Stanley, M.A. Ashburn, P.G. Fine, 2012-12-06 Theodore H Stanley M D Anesthesiology and Pain Management contains the Refresher Course manuscripts of the presentations of the 36th Annual Postgraduate Course in Anesthesiology which took place at The Cliff Conference Center in Snowbird Utah February 22-26 1991 The chapters reflect new data and concepts within the general framework of pain research and basic science clinical topics in pain management The purposes of the textbook are to 1 act as a reference for the anesthesiologists attending the meeting and 2 serve as a vehicle to bring many of the latest concepts in anesthesiology to others within a short time of the formal presentation Each chapter is a brief but sharply focused glimpse of the interests in anesthesia expressed at the conference This book and its chapters should not be considered complete treatises on the subjects addressed but rather attempts to summarize the most salient points This textbook is the ninth in a continuing series documenting the proceedings of the Postgraduate Course in Salt Lake City We hope that this and the past and future volumes reflect the rapid and continuing evolution of anesthesiology in the late twentieth century ix list of Contributors Ashburn Michael A Department of Anesthesiology University of Utah Salt Lake City Utah Basbaum Allan Department of Anatomy Physiology University of California San Francisco San Francisco California Bonica John J Department of Anesthesiology The University of Washington Seattle Washington Cousins Michael J **Bates' Guide To Physical Examination and History Taking** Rainier P. Soriano, 2025-06-12 Bates Guide to Physical Examination and History Taking 14th Edition is the trusted resource for mastering patient assessment carefully tailored to meet the evolving needs of students educators and healthcare practitioners Whether you're beginning your career in healthcare or seeking to enhance your clinical skills this updated edition has been thoughtfully updated to address the evolving needs of today's healthcare landscape Physical Therapy Management of Patients with Spinal Pain Deborah Stetts, Gray Carpenter, 2024-06-01 In this rapidly changing health care environment a challenge today's physical therapist faces is finding evaluating and implementing current best evidence into practice an integral part of health care professional educational programs With that goal in mind Physical Therapy Management of Patients With Spinal Pain An Evidence Based Approach provides a comprehensive research based overview of the examination and physical therapy interventions of the spine Inside Physical Therapy Management of Patients With

Spinal Pain Drs Deborah M Stetts and J Gray Carpenter evaluate the current evidence related to spinal pain and present it in a format that allows for an easy transition to the clinical environment By providing effective clinical interventions rather than relying on habits or tradition patients benefit from an increased likelihood of improved quality of life with the least potential of personal and financial risk Some features include Over 650 photographs images and tables Access to a supplemental video Website with new book purchase Best practice for evaluating and treating the lumbar spine thoracic spine and cervical spine Comprehensive coverage of the clinical presentation of spine related pathologies from evaluation to treatment Each chapter outlines the history physical examination physical therapy diagnosis evidence based management guidelines and case studies for each topic Case studies will challenge the reader s clinical reasoning skills with the use of current best evidence throughout the initial examination and subsequent treatment sessions Bonus Also included with Physical Therapy Management of Patients With Spinal Pain is access to a supplemental Website containing more than 375 video demonstrations corresponding to the tests and measures examination evaluation and intervention procedures covered within the text Physical Therapy Management of Patients With Spinal Pain An Evidence Based Approach is the go to reference text and accompanying Web site for the physical therapy students or clinicians who are reaching for best practice through providing the highest level of evidence informed care in the evaluation and management of patients with spinal pain

Clinical Pain Management Mary E. Lynch, Kenneth D. Craig, Philip H. Peng, 2022-04-11 Clinical Pain Management Pain has many dimensions biological psychological and social All of these warrant attention in clinical management and research Despite advances in pain management and understanding chronic pain in particular continues to be a major health concern Many challenging problems persist in our efforts to understand and manage chronic pain This revised and updated second edition of Clinical Pain Management A Practical Guide draws attention to the challenges that exist for people living with chronic pain conditions for the clinician trying to provide effective management of the patient s pain for the scientist seeking to unravel the mechanisms underlying pain and for society as a whole This book offers the opportunity for clinicians to improve their knowledge about pain and apply that knowledge for the benefit of their patients This second edition has built upon the first edition which was distinctive in its integration of the clinical psychosocial and basic science topics related to the different types of pain and their management With up to date information throughout the 44 chapters of this second edition this book provides a valuable resource about pain from a variety of perspectives Clinical Pain Management A Practical Guide Second Edition will be particularly valuable not only for clinicians to help them assist with their patients experiencing an acute pain or suffering from chronic pain but also for scientists who wish to gain more insights into these pain conditions and their underlying processes [Chronic Pain Management, An Issue of Primary Care: Clinics in Office Practice, E-Book](#) David O'Gurek, 2022-09-27 In this issue of Primary Care Clinics in Office Practice guest editor Dr David O Gurek brings his considerable expertise to the topic of Chronic Pain Management Top experts in the field cover this timely

topic in depth including non pharmacologic and rehabilitative strategies to address chronic pain and management of chronic pain in patients with substance use disorder Contains 12 practice oriented topics including comprehensive evaluation for chronic pain pharmacologic management of chronic pain trauma and behavioral health care for patients with chronic pain the use of medical marijuana for chronic pain ethical challenges in chronic pain management and more Provides in depth clinical reviews on chronic pain management offering actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create clinically significant topic based reviews Trauma Anesthesia Charles E.

Smith,2008-06-23 Injuries are estimated to become the number one cause of death for men and women under the age of 45 by the year 2020 Trauma patients present unique challenges to anesthesiologists Acute injuries require resource intensive care and are often complex cases especially when coupled with underlying pre existing medical conditions Anesthesiologists are involved with trauma patients beginning with airway and shock resuscitation continuing with intra operative care during surgery and extending on to pain management and critical care post operatively This reference focuses on a broad spectrum of traumatic injuries and the procedures anesthesiologists perform to adequately care for trauma patients perioperatively surgically and post operatively Special emphasis is given to the assessment and treatment of coexisting disease Numerous tables and 300 illustrations showcasing various techniques of airway management shock resuscitation echocardiography and use of ultrasound for the performance of regional anesthesia in trauma provide an invaluable reference for the

anesthesiologist **Musculoskeletal Pain** Carl Edward Noe,2025-06-25 This concise book covers common musculoskeletal problems in all body regions filling a critically important gap in the literature It s organized by sections the begin with an introduction followed by regional problems clinic treatment perioperative care and special topics Chapters are authored by clinicians who actively manage patients and are focused on clinically important information rather than historical or theoretical information Clinicians are given all of the information needed to evaluate and manage common musculoskeletal pain in one concise resource Musculoskeletal Pain is aimed for all physicians who evaluate and manage patients with musculoskeletal problems

Pain Management E-Book Steven D. Waldman,2011-06-09 Regarded as the premiere clinical reference in its field Pain Management 2nd Edition edited by noted pain authority Dr Steven Waldman provides comprehensive practical highly visual guidance to help you effectively apply the most recent evidence based advances in pain management This popular text has been updated with 13 new chapters that include the latest information on interventional and ultrasound guided techniques acute regional pain nerve blocks and more A user friendly format with lavish illustrations enables you to access trusted guidance quickly and apply the information easily to bring effective pain relief to your patients Tap into the experience of the book s editor Dr Steven D Waldman author of numerous groundbreaking pain management references and a diverse collection of leading international experts many of whom are new to this edition Effectively diagnose

and manage any type of pain by implementing the latest evidence based approaches including interventional and ultrasound guided techniques and acute regional pain nerve blocks Keep up with the most essential and latest topics with fully revised chapters and 13 new chapters that include information on central pain modulation ultrasound guided procedures myelopathy and more Find the critical answers you need quickly and easily thanks to a templated format with all content solely reviewed by Dr Waldman to insure consistency throughout Make more accurate diagnoses and perform nerve blocks successfully with unmatched guidance from 1100 full color large scale illustrations

Assessment and Multimodal Management of Pain
Maureen Cooney, Ann Quinlan-Colwell, 2020-10-31 Learn best practices and evidence based guidelines for assessing and managing pain Assessment and Multimodal Management of Pain An Integrative Approach describes how to provide effective management of pain through the use of multiple medications and techniques including both pharmacologic and non pharmacologic treatment regimens A holistic approach provides an in depth understanding of pain and includes practical assessment tools along with coverage of opioid and non opioid analgesics interventional and herbal approaches to pain and much more Written by experts Maureen F Cooney and Ann Quinlan Colwell this reference is a complete step by step guide to contemporary pain assessment and management Evidence based practical guidance helps students learn to plan and implement pain management and aligns with current guidelines and best practices Comprehensive information on the pharmacologic management of pain includes nonopioid analgesics opioid analgesics and co analgesics including dose titration routes of administration and prevention of side effects UNIQUE Multimodal approach for pain management is explored throughout the book as it affects assessment the physiologic experience and the culturally determined expression acknowledgement and management of pain UNIQUE Holistic integrative approach includes thorough coverage of pain management with non pharmacologic methods Clinical scenarios are cited to illustrate key points Equivalent analgesic action for common pain medications provides readers with useful guidance relating to medication selection Pain rating scales in over 20 languages are included in the appendix for improved patient clinician communication and accurate pain assessment UNIQUE Authors Maureen F Cooney and Ann Quinlan Colwell are two of the foremost authorities in multimodal pain assessment and management Sample forms guidelines protocols and other hands on tools are included and may be reproduced for use in the classroom or clinical setting

Pain Management Richard S. Weiner, 2001-12-20 This authoritative reference the Sixth Edition of an internationally acclaimed bestseller offers the most up to date information available on multidisciplinary pain diagnosis treatment and management Pain Management A Practical Guide for Clinicians is a compilation of literature written by members of The American Academy of Pain Management the largest multidisciplinary society of pain management professionals in North America and the largest physician based pain society in the United States This unique reference covers both traditional and alternative approaches and discusses the pain of children as well as adult and geriatric patients It includes approximately 60 new chapters and each chapter is written to allow the reader to read

independently topics of interest and thus may be viewed as a self contained study module The collection of chapters allows an authoritative self study on many of the pressing issues faced by pain practitioners Regardless of your specialty or medical training or whether you are in a large hospital or a small clinic if you work with patients in need of pain management this complete reference is for you **Evidence-Based Chronic Pain Management** Cathy Stannard,Eija Kalso,Jane Ballantyne,2011-08-26 A genuine evidence based text for optimum pain relief in various chronic conditions Contributes an important advance in the practice of pain management providing the information on which to build more coherent and standardised strategies for relief of patient suffering Answers questions about which are the most effective methods AND those which are not effective yet continue to be used Includes discussion of the positive and the negative evidence and addresses the grey areas where evidence is ambivalent Written by the world s leading experts in evidence based pain management this is a seminal text in the field of pain Practical Management of Pain E-Book Honorio Benzon,James P. Rathmell,Christopher L. Wu,Dennis Turk,Charles E. Argoff,Robert W Hurley,2022-02-10 For more than 30 years Practical Management of Pain has offered expert guidance to both clinicians and trainees covering every aspect of acute and chronic pain medicine for adult and pediatric patients The fully revised 6th Edition brings you fully up to date with new developments in patient evaluation diagnosis of pain syndromes rationales for management treatment modalities and much more Edited by a team of renowned pain clinicians led by Dr Honorio Benzon this authoritative reference is a comprehensive practical resource for pain diagnosis and treatment using a variety of pharmacologic and physical modalities Presents a wealth of information in a clearly written easily accessible manner enabling you to effectively assess and draw up an optimal treatment plan for patients with acute or chronic pain Takes a practical multidisciplinary approach making key concepts and techniques easier to apply to everyday practice Shares the knowledge and expertise of global contributors on all facets of pain management from general principles to specific management techniques Discusses the latest best management techniques including joint injections ultrasound guided therapies and new pharmacologic agents such as topical analgesics Covers recent global developments regarding opioid induced hyperalgesia neuromodulation and pain management and identification of specific targets for molecular based pain Includes current information on the use of cannabinoids in pain management and related regulatory professional and legal considerations Includes the latest guidelines on facet injections and safety of contrast agents Provides new evidence based critical analysis on treatment modality outcomes and the latest information on chronic pain as a result of surgical interventions Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices *Physical Therapy Management of Low Back Pain* Julia Chevan,Phyllis A. Clapis,2013 Physical Therapy Management of Low Back Pain A Case Based Approach provides a detailed review of the theory and practice of a variety of approaches to treating low back pain using a case based approach The important features of nine major orthopaedic physical therapy approaches are explained

and practical application of each approach is demonstrated via a single patient case This controlled overview enables instructors and students to analyze compare and contrast the options in physical therapy treatment with detailed information on intervention Physical Therapy Management of Low Back Pain A Case Based Approach will give students a helpful reference point to better prepare for clinical work

Symptom Oriented Pain Management Dwarkadas K Baheti, Sanjay Bakshi, Sanjeeva Gupta, Raghubir Singh P Gehdoo, 2017-05-31 The new edition of this comprehensive guide has been fully revised to provide clinicians with the latest advances in symptom oriented pain management Divided into fifteen sections the book begins with an overview of acute and chronic pain clinical examination and evaluation and imaging modalities The following chapters discuss different types of pain including neck pain low back pain cancer pain neuropathic pain scar pain and more Techniques for accurate diagnosis of aetiology are explained in depth The final sections describe pain management techniques including physiotherapy psychotherapy and allied therapy A complete section is dedicated to challenging cases such as phantom limb pain and restless leg syndrome Edited by internationally recognised experts in the field this second edition is highly illustrated with clinical photographs and diagrams Previous edition 9789350257975 published in 2012 Key points Fully revised new edition presenting latest advances in symptom oriented pain management Complete section dedicated to challenging cases such as phantom limb pain and restless leg syndrome Edited by internationally recognised experts in the field Previous edition 9789350257975 published in 2012

Physical Evaluation and Treatment Planning in Dental Practice Géza T. Terézhalmy, Michael A. Huber, Lily T. García, Ronald L. Occhionero, 2021-09-15 The revised Second Edition of Physical Evaluation and Treatment Planning in Dental Practice has been expanded to include information pertinent when considering comprehensive treatment planning for a wide variety of dental procedures Written by internationally recognized specialists and discipline experts in their field the Second Edition offers new chapters on dental and oral diseases and disorders including insights and diagnostics for each category Readers will learn about diagnosis and planning considerations for orofacial pain caries periodontics oral surgery endodontics restorative prosthodontics and esthetic dentistry and more Beginning with a complete introduction of oral health and associated systemic health the book incorporates discussions of patient history profiles basic procedures in physical examinations including examination of the head neck extraoral and intraoral tissues radiographic examination and interpretation as well as laboratory methods Readers will also find A thorough introduction to the orofacial clinical processes including the essential phases in treatment quality management patient doctor communication documentation and management of critical patient information An exploration of basic procedures in physical examinations in dentistry including inspection palpation percussion auscultation olfaction and evaluation of function form and detailed analysis A thorough review of the head and neck complex An analysis of the examination and diagnosis of the intraoral and extraoral features including all hard and soft tissues of the orofacial complex Designed for general dental practitioners periodontists prosthodontists dental residents and fellows and dental students

Physical Evaluation and Treatment Planning in Dental Practice is a logically organized one stop reference for patient evaluation and treatment

Pain Control, An Issue of Hematology/Oncology Clinics of North America Janet L. Abrahm, 2018-05-14 This issue of Hematology Oncology Clinics edited by Dr Janet Abrahm focuses on Pain Control Topics include but are not limited to Complex pain assessment Evidence based non pharmacologic therapies Non opioid pharmacologic therapies Opioid caveats newer agents and prevention management of side effects and of aberrant use Cancer pain syndromes Agents for neuropathic pain RX Mechanism of and Adjuvants for bone pain Interventional anesthetic methods Radiation therapy methods Rehabilitation methods Psychological treatment Spiritual considerations Pain in patients with SS diseases and Pain in HSCT patients

Family Medicine J. L. Buckingham, E. P. Donatelle, W. E. Jacott, M. G. Rosen, Robert B. Taylor, 2013-06-29 This Second Edition of Family Medicine Principles and Practice presents a scientific approach to health and illness in the context of mankind's most enduring societal unit the family This is a new book building on the strengths of the First Edition The emphasis of this book like that of the specialty itself is on the clinical delivery of health care that is how the practitioner manages common problems and recognizes uncommon entities encountered in office hospital home and nursing home In the First Edition we were faced with the problem of how to organize a family medicine textbook that dealt with clinical topics yet represented more than a series of essays on the specialties for the generalist reader We began by identifying specific objectives outlined in the preface to the First Edition From this evolved an approach which has been called the biopsychosocial perspective inclusion of behavioral family social and cultural aspects of health care integrated with the traditional manifestations and management textbook model The First Edition also introduced a comprehensive classification of clinical problems in family medicine now used in curriculum planning in many family practice residency programs

Case Studies in Pain Management Alan David Kaye, Rinoo V. Shah, 2014-10-16 Edited by internationally recognized pain experts this unique book describes 73 real life clinical cases each followed by discussion of pathogenesis work up differential diagnosis and treatment options Cases are divided into seven sub topics neurologic disorders spinal disorders musculoskeletal pain visceral pain headache and facial pain cancer pain and special topics such as pain in children and older adults Discussions follow a question and answer format facilitating learning and also enabling self testing Chapters are written by the foremost national and international leaders in the field of pain management many of whom are pain program directors Case Studies in Pain Management is an excellent learning source for trainees in pain management and a must read for pain practitioners

Chronic Pain Management Michael E. Schatman, Alexandra Campbell, 2007-07-26 Chronic Pain Management Guidelines for Multidisciplinary Program Development is the most comprehensive textbook to date on the multidisciplinary approach to chronic pain management Written by an illustrious group of contributors this volume serves as a must have armamentarium of guidelines for the development of a successful pain management program

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