PVHS Football

Physicals

Monday, September 28, 2020

3:00 – 5:00 pm

Beach Cities Orthopedics
Dr. Brad Thomas & Associates
2990 Lomita Blvd, St B, Torrance
outside tables

Minimum donation-$35 per physical
Checks Payable to "PVHS ASB"
Write "Football" on memo line

Come support the PVHS Sea King football program and get your physical at a substantial savings! Please bring the completed Medical History form and a blank physical form.

All proceeds will support PVHS Sea King Football program.

PALOS VERDES PENINSULA UNIFIED SCHOOL DISTRICT
Health Services

PHYSICAL EXAMINATION REPORT

Student's Name_____Birthdate_____

Student's Grade_____

A physical examination of this student was performed on (***Date***)_____.

He/she is physically fit to participate in all athletics.*

Date_____ _____
Physician's Signature

VALID ONLY WITH PHYSICIAN'S STAMP

Telephone:_____

* California Interscholastic Federation (CIF) policy 308 states . . . "schools will require that a student receive an annual physical examination conducted by a medical practitioner certifying that the student is physically fit to participate in athletics. . . . The physical examination must be completed before a student may try out, practice or participate in interscholastic athletic competition..."

PVPUSD accepts physical examination reports from a M.D., D.O., Physicians' Assistant, and Nurse practitioner with a MD's stamp.

NEW PATIENT MEDICAL HISTORY

Medical History Please check if you have any of the following:

□ High blood pressure	□ Diabetes	□ Stroke
□ Heart disease	□ Cancer	□ Respiratory problems / Asthma
□ Bleeding problems	□ HIV	□ Hepatitis □ A □ B □ C

Other Medical Problems (please specify) _____

_____

_____

Past hospitalizations, surgeries, and injuries with approximate dates _____

_____

_____

_____

_____

Allergies (Medication or latex) _____

_____

_____

Current Medications _____

_____

_____

_____

Family History

Please check if any of your relatives ever had any of the following problems (indicate who)

□ Heart disease who: _____ □ High blood pressure who: _____

□ Diabetes who: _____ □ Stroke who: _____

□ Cancer who: _____ □ Thyroid disease who: _____

Social History

Marital status: □ single □ married □ separated □ divorced □ widowed

Tobacco use □ never □ quit (when _____) □ smoker (packs per day _____)

Alcohol use □ never □ rarely □ moderate □ daily

Drug use □ never □ type & frequency _____

Review of Systems (check all that apply to you)

Constitutional
□ Good general health
□ Recent weight change
□ Night sweats, fevers
□ Fatigue

Ears/Nose/Mouth/Throat
□ Hearing loss or ringing
□ Sinus problems
□ Nose bleeds
□ Sore throat/voice change

Eyes
□ Wear glasses/contacts
□ Blurred/double vision
□ Eye disease or injury
□ Glaucoma

Cardiovascular
□ Chest pains
□ Palpitations
□ Heart trouble
□ Swelling hands/feet

Respiratory
□ Shortness of breath
□ Cough
□ Wheezing/asthma
□ Coughing up blood

Gastrointestinal
□ Nausea/vomiting
□ Abdominal pain
□ Rectal bleeding
□ Bowel problems

Musculoskeletal
□ Muscle pain or cramps
□ Stiffness/swelling in joints
□ Joint pain
□ Trouble walking

Neurological
□ Frequent headaches
□ Paralysis or tremors
□ Convulsions/seizures
□ Numbness/tingling

Integumentary (skin/breast)
□ Changes in hair/nails
□ Rashes or itching
□ Breast lump
□ Breast pain or discharge

Endocrine
□ Excessive thirst/urination
□ Thyroid disease
□ Hormone problem

Hematologic/Lymphatic
□ Bruise easily
□ Slow to heal
□ Enlarged glands

Allergic/Immunologic
□ Food allergies
□ Aspirin allergies
□ Antibiotic allergies

Genitourinary – male only
□ Blood in urine
□ Kidney stones
□ Sexual problems
□ Testicle pain

Genitourinary – female only
□ Blood in urine
□ Kidney stones
□ Sexual problems
□ Menstrual pain

Psychiatric
□ Insomnia
□ Confusion/memory loss
□ Depression

Patient Statement: To the best of my knowledge, the above information is accurate.

Patient Signature _____ Date _____