

COMPREHENSIVE HEALTH CLINICS 236 2ND AVE. SW, CAMBRIDGE, MN 55008

PHONE: 763-689-2462 FAX: 763-689-1688

Name:	MI	Last		
dress:			State:	Zip:
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mary Phone:	□ Home □ Cell	□ Work		
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o is your Primary Medical Physician:			Clinic:	
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WELCOME

Welcome to our clinic which offers chiropractic, rehabilitation, and acupuncture services. Hereinafter "facility" is defined as this facility and/or an associated facility. We will strive to help restore or improve your health but there are no guarantees or promises of improvement or complete recovery. Patients are prohibited from using cell phones while in our office due to federal privacy rules and/or unauthorized photography of our patients and are strongly encouraged to leave valuables at home or with an accompanying family member or friend because this Facility shall not be liable for the loss of or damage to any personal property including, but not limited to money, credit cards, clothing, jewelry, glasses/contacts, dental devices, hearing aids, furs, documents or any other items. Your signature on this document fully authorizes our staff & doctors to perform any examinations, diagnostic tests &/or treatment as we may consider medically necessary & to release all information pertinent to your health, insurance or benefits to any & all applicable parties which we deem on your behalf. Our office and staff are committed to providing all patients regardless of race, color, national origin, age, sex, disability or religious or political beliefs quality health care services delivered with dignity and concern. HIPAA requires that we have you read & sign the federally governed Health Care Privacy Notice which is detailed on the backside of this document. The Health Care Privacy Notice will explain when, where and why your confidential health information may be used, stored and/or shared and is a part of this document that is a permanent part of your medical records which is maintained in this office. You may receive a free photocopy of this document that you have signed just by asking one of our staff. Your signature on this document confirms that you have read, understand and agree to comply with all of the terms & conditions of the Health Care Privacy Notice and all policies, consents, terms & conditions regarding your responsibilities to this facility and that you grant the physicians, therapists and/or all staff of this facility to use and share your confidential health information with others in order to treat you and/or in order to arrange for payment of any money you may owe this facility and/or for issues that concern this facility operations and responsibilities. We encourage questions and/or concerns to avoid misunderstandings, so please direct any questions or concerns to a member of our staff. Office hours allow our patients convenience to schedule appointments before & after work as well as during lunch. If you must miss an appointment please notify us at least 24 hours in advance. As a courtesy to you, we may call you when an appointment is missed. If you do not wish for us to call you or contact you please let us know in writing for your file.

HEALTH CARE PRIVACY NOTICE - INFORMED CONSENT - ASSIGNMENT OF BENEFITS - AUTHORIZATION & LIEN

We understand that medical information about you and your health is personal. This facility is required by law to abide by the terms of HIPAA, the Health Care Privacy Notice, The Security Rule, as well as other applicable federal and state laws governing privacy practices in health care so the doctors, therapists & staff at this office are committed to protecting your medical information but the federal government, under HIPAA, the Privacy Notice, the Security Rule and our own office administration requires us to make sure you are aware and be sure you understand, agree to adhere with and have read or have had read to you all of the following policies & procedures. In addition this office is committed to providing patients with quality health care services delivered with dignity and concern. Fulfilling this commitment requires the efforts of the doctors, therapists, staff and patient working together as a team to obtain the maximum results because your satisfaction is a vital interest to us. Our facility may change and/or modify the terms of this Notice at anytime without additional notice to you except to publicly post in our facility and/or make available to patients updated notices. Photocopy of this Notice is available to you upon request. The term facility refers to this office or clinic. The term Provider refers to doctors and/or licensed professionals of this Facility. Our facility & staff are committed to maintaining the privacy of your protected health information (PHI). PHI includes but is not limited to your medical records and personal information such as your name, social security number, address, birth date, phone number and includes demographic information that may identify you and that may be related to your present, future and past physical or mental health or condition and the care and treatment you receive from our practice or records from another facility that have been forwarded to our office and are now a part of your medical record. This Notice describes how medical information about you may be used and disclosed and how you can obtain access to this information. Please read this Notice and direct questions, misunderstandings or concern to the Compliance Officer of this facility. Our facility may use & disclose your PHI with or without your written authorization to anyone at anytime for any reason including but not limited to health care delivery purposes, your care, treatment(s), collecting money due this facility, to support any operation of this practice. Your doctor and the staff will take all reasonable measures to maintain the confidentiality of your PHI. The Privacy Rule allows you the right to review and receive copies of your health care records as it relates to your health care. All requests must be in writing, allowing your provider 30 days to respond. Your provider may deny your request if it will cause harm to you or to another person. Your provider may charge a copy fee or a processing fee for their time which will be in compliance with state law. You may request to have an amendment placed in your record if you disagree with anything in your record. This does not mean that anything will be removed or changed and the provider has the right to respond with a rebuttal statement if he/she feels it is necessary. You may revoke authorization, in writing, at any time, except in the event that the provider has acted as indicated in the doctor's Authorization Notice. You have the right to file a written complaint with our Compliance Officer if you believe that any of your privacy rights have been violated. You can obtain a complaint form from the Compliance Officer and/or the Office of the Civil Rights. All complaints must be filed within 180 days of when you knew or should have known that the violation occurred. The Privacy Law prohibits our facility from taking any retaliatory actions against anyone who files a complaint. I understand that this facility, its doctors & staff are accepting my case based on examination findings & believe the outlined treatment should produce change and/or improvement. However as with any diagnostic test, procedure, examination or doctor's care, a guarantee of improvement or complete recovery cannot be made and it is even possible that no change will occur. I further understand that in the practice of medicine, surgery, chiropractic, podiatry, psychological counseling, massage, physical, occupational, speech & respiratory therapy there are some risks including but not limited to fractures, disk injuries, strokes, heart-attacks, dislocations, sprains-strains, drug interactions, procedural complications, reactions, cardio-pulmonary arrest, death and/or other incidents which may be short or long term or side effects which cannot be pre-determined. I do not expect the doctor, therapist or provider to be able to anticipate and explain all risks and/or complications, and I wish to rely on the doctor and/or provider to exercise judgment during the course of the procedure(s) which the doctor/provider feels at the time is in my best interest. In addition, because psycho-social, spiritual, and cultural values affect a patient's response to care, patients are allowed to express and follow spiritual beliefs and cultural practices that do not harm others or interfere with the planned course of treatment. Patients have the right to refuse treatment, but must be aware of the probable consequences of refusing treatment and/or failing to cooperate with the prescribed treatment. Should you refuse and/or fail to comply with prescribed treatment your provider will discuss specific consequences with you. Therefore, I give my full consent to the doctor, therapist, provider or staff member to render treatment on me or the minor for whom I am legally responsible by a health care provider of this facility. I, the assignee, being the patient or legal guardian for said minor listed below, do hereby irrevocably authorize, direct, assign and give a full lien to the office named above and listed, hereinafter referred to as the "facility" against any & all insurance benefits, proceeds of any settlement, judgment or verdict which may be paid to the undersigned as a result of an accident, injury, illness or health condition for which I have been treated by the facility. I further irrevocably agree to pay all money and/or charges owed this facility in full within 60 days of the date of occurrence, service or treatment, even if an insurance claim submitted on my behalf is delayed or denied for any reason and/or a case manager or attorney representing me for any accident, injury or illness has not settled my case. I, the assignee further authorizes and instructs any and all insurance company(ies), attorney and any & all third party payers to pay directly to the facility in full all sums of money due them for any & all services rendered to me or minor by whom I am fully responsible for by reason of accident, injury, illness or health condition and by any & all reason of any other bills that are due or may become due, and to withhold such sums from any health, accident, workers compensation and or including all insurance or third party benefits. Also by my signature and as the assignee I irrevocably agree that this facility & staff may process medical reports, deliver medical records, consultations, depositions and/or court appearances which must be paid in full in advance by me, and authorize this facility to release any information pertinent to said health care to any insurance company, adjuster, attorney or legal service bureau to facilitate collections under the terms of this document. Assignee grants the facility a full power of attorney to endorse &/or sign my name on any & all checks for payment of any indebtedness owed this facility & assignee.

INSURANCE BENEFITS – CREDIT POLICIES – PAYMENT TERMS & CONDITIONS

As a courtesy, the facility will attempt to obtain a verification of your applicable insurance benefits and will report them to you or assume they are accurate as they are quoted to us but some third party payers, case managers and/or attorneys misquote benefits, coverage and liability so our facility & staff are not responsible for what a third party payer, representative, case manager and/or attorney may tell us. Any and all contractual, written, verbal or other obligations or arrangements between you and an attorney, case manager, insurance company, liable or third party payer are between you and said person or company and do not delay your obligation to pay.

- 1. Our facility will file initial insurance claims for you and or secondary claim submissions and/or additional reports or documents sent for your benefit may result in an additional filing or medical report charges, which you are responsible to pay.
- 2. Co-pays, deductibles and all non-covered service charges are due the day the service is rendered.
- 3. Patients are fully responsible for all charges for all service(s) and/or product(s) which may be denied or not covered for any reason by an insurance carrier, case manager, attorney and/or when a third party and/or insurance carrier does not reimburse this facility enough to meet our cost of service.
- 4. All account balances, including automobile accident and work injury claims must be paid in full within 60 days of treatment. Patients are fully responsible for all money owed this office and such payment is not contingent on any settlement, claim, judgment, or verdict by which they may eventually recover said fee and it is also regardless of any attorney liens or pending settlement(s). If a third party payer fails to pay this facility the said balance in full within the 60-day period, the patient must pay the balance in full. Assignee is fully responsible for all money owed this facility for any and all treatment, products & services rendered to the patient or minor shown below.
- 5. A non-discriminatory "Time of Service Discount" (TOS) is offered to anyone who pays for services the day they are rendered. The "TOS" is only offered on the day the service is rendered and does not apply to the following items & services including but not limited to durable medical equipment, orthopedic supports, orthotics, physical therapy equipment rentals or purchases, vitamins, supplements, ointments, acupuncture treatments, weight loss programs, psychological counseling, massage therapy and other services.
- 6. A service charge is computed by a 'periodic rate' of 1½ % per month 18% per annum & is added to all balances owed 60+ days. Any balance past due 90 days or more may be submitted to an attorney and/or agency for legal collection for which the undersigned agrees to be 100% responsible for all monthly service charges, interest, costs related to but not limited to all collection related expenses, attorney fees, court & filing fees. Returned checks, debit & credit charges made payable to this facility for insufficient funds, stop payments or other reasons of non-payment will be assessed a \$50.00 charge.
- 7. Patients are eligible for a maximum \$250 personal credit limit when approved by our insurance manager and we accept most major credit & debit cards.
- By my signature below I acknowledge that I have read or have had read to me and understand and agree to be irrevocably responsible for all terms and conditions. I also acknowledge that I have received a photocopy upon my request of this document and have had all of my questions answered to my satisfaction. A photocopy of this document shall be considered as effective and valid as an original.

PATIENT CONSENT & SIGNATURE

By my signature below I acknowledge that I have read or have had read to me and understand and agree to be irrevocably responsible for all terms and conditions. I also acknowledge that I have received a photocopy upon my request of this document and have had all of my questions answered to my satisfaction. A photocopy of this document shall be considered as effective and valid as an original.

X			
SIGNATURE	(if patient is a minor, parent/legal guardian must sign)		
		<u></u>	
PRINT NAME		DATE	

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<u>COPY THIS PAGE</u> for the student to return to the school. <u>KEEP</u> the complete document in the student's medical record.

2025-2026 SPORTS QUALIFYING PHYSICAL EXAMINATION MEDICAL ELIGIBILITY FORM Minnesota State High School League

			Birth D)ate:			
Home Tolophone		Mc	shilo Tolo	nhon			
School:	· =	_ - Mic Grade:	bulle Tele	phon	e		_
SC11001.		Grade					
(1) Particip	ate in all school	en medically evaluated interscholastic activity y not crossed out bel	ties with			ligible to: (Check (Only One Box)
Sport C	lassification Based o	on Contact	ľ	Sport	Classification B	ased on Intensity & S	Strenuousness
Collision Contact	Limited Contact	Non-contract Operate					
Sports	Sports	Non-contact Sports	↑	III. High (>50% MVC)	Field Events: ❖ Discus ❖ Shot Put	Alpine Skiing*† Wrestling*	
Basketball Cheerleading	Baseball Field Events:	Badminton Bowling	↑	= -	Gymnastics*†		
Diving	♣ High Jump	Cross Country Running	†			Dance Team	
Football	❖ Long Jump	Dance Team	ncreasing Static Component 🍑	£ (Ç)		Football* Field Events:	Basketball*
Gymnastics	❖ Pole Vault	Field Events:	neu	II. Moderate (20-50% MVC)	District	 High Jump 	Ice Hockey* Lacrosse*
Ice Hockey	Triple Jump	❖ Discus	υрс	Mo.	Diving*†	 ❖ Long Jump ❖ Pole Vault*† 	Nordic Skiing — Freestyle Track — Middle Distance
Lacrosse	Floor Hockey	❖ Shot Put	Ŝ	= 8		 Triple Jump Synchronized Swimming† 	Swimming†
Alpine Skiing	Nordic Skiing	Golf	atic			Track — Sprints	
Soccer	Softball	Swimming	g St				
Wrestling	Volleyball	Tennis Track	asin	I. Low (<20% MVC)		Baseball*	Badminton Cross Country Running
		TIACK	cre	N N ⊗ W	Bowling	Cheerleading Floor Hockey	Nordic Skiing — Classical
			7	- 50%	Golf	Softball* Volleyball	Soccer* Tennis
		uation before a final		ت		Volicysali	Track — Long Distance
	endation can be				A. Low	B. Moderate	C. High
Addition	al recommendatio	ns for the school or			(<40% Max O ₂)	(40-70% Max O ₂)	(>70% Max O ₂)
parents:					Increa	sing Dynamic Component →	$\rightarrow \rightarrow \rightarrow \rightarrow$
·						trenuousness: This classification i	
						on. It should be noted, however, that he ent is defined in terms of the estimate	
☐ (4) Not mod	dically eligible fo	r: 🗖 All Sports				easing cardiac output. The increasing	
(4) Not med	ilically eligible to					contraction (MVC) reached and re-	
		☐ ②Specific				emands (cardiac output and blood pr e graduated shading in between depi	
Sports			and high	moderate	total cardiovascular demand	ls, *Danger of bodily collision, †Incre	ased risk if syncope occurs.
Specify						s DP. 36th Bethesda Conference: el alities. J Am Coll Cardiol. 2005; 45(8	
			oompou		Will our diovedourer donor.	andoor over our down 2000; 10(0	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
I have examined the stud	lent named on this for	m and completed the Sports	Qualifying	Physic	al Exam as requi	red by the Minnesota S	state High School
		inical contraindications to pra					
		my office and can be made a					
the athlete has been clea	ared for participation, th	ne physician may rescind the	e clearance	until th	ne problem is reso	lved and the potential	consequences are
completely explained to t	he athlete (and parent	s or guardians).					
Provider Signature					Date	e of Exam	
Print Provider Name	\'					o or Exam	
		III. Oliveitee	۸ ddro		200 14 204		
Office/Clinic Name			Addres	ss. <u>∠</u>	36 2nd Ave SW		
City, State, Zip Code							
Office Telephone: 76	689 - 246	E-Mail Add	ress:				
IMMI INIZATIONS 13	Falam, maaningaaaaaa (MCV4, 2 doses); HPV (3 do	\. MMMD	(O doo), han D (2 daa	\. h 1 (2 d\.	vaniaalla (O daasa an
history of disease); nolic	rdap; meningococcai ((annual); COVID-19 (2 dose	ses); IVIIVIR	(∠ dos	es); nep B (3 dos	es); nep A (2 doses); v	rancella (2 doses or
					4.41=1=1.41=14		
		ol documentation) 🔲 N	not revie	wed a	it this visit		
IMMUNIZATIONS G	SIVEN TODAY:						
EMERGENCY INFO	DMATION						
A II							
Allergies							
Other information					D.L.C.	•	
Emergency Contact	:				_ Relationsh	ip	
Telephone: (Home)		(Work)			(Cell)	
Personal Medical Pr	ovider			Office	Telephone		

[Year 2 Normal] [Year 3 Normal]

This form is valid for 3 calendar years from above date with a normal Annual Health Questionnaire.

FOR SCHOOL ADMINISTRATION USE:

2025-2026 SPORTS QUALIFYING PHYSICAL HISTORY FORM (Z02.5)

Minnesota State High School League

Pages 2-5 of this document should be KEPT on file by the medical provider issuing the physical examination.

Note: Complete and sign this form (with you	r parents if younge	er than 18) before	your appointment.	•	
Name:		Date	of birth:		
Name:	S	Sport(s):	<u> </u>		
Sex assigned at birth - F, M, or intersex (circ	cle) How do you id	dentify your gende	er? (F, M, non-binary, or	another gender)	
Have you had a COVID-19/Influenza/RSV v	accinations? Y / N				
Past and current medical conditions:	et curacrice				
Have you ever had surgery? If yes, list all pa List current medicines and supplements: pre	escriptions, over-th	e-counter, and he	erbal or nutritional suppl	ements.	
Do you have any allergies? If yes, please lis	t all your allergies	(ie, medicines, po	bliens, lood, stinging ins	ecis).	
Patient Health Questionnaire Version 4 (PH	Q-4)				
Over the past 2 weeks, how often have you	been bothered by	any of the following			
Faciling narrous anxious or an adge	Not at all	Several days	Over half the days	Nearly every da	у
Feeling nervous, anxious, or on edge Not being able to stop or control worrying	0	1 1	2 2	3 3	
Little interest or pleasure in doing things	0	1	2	3	
Feeling down, depressed, or hopeless	0	1	2	3	
r ceiling down, depressed, or hopeless	-	ponses to questic	ons 1 & 2 or 3 & 4 are ≥	3. evaluate.)	
Circle Y for Yes, N for No, or the question number if you				,	
GENERAL QUESTIONS					
1.Do you have any concerns that you would like t	o discuss with your p	provider?			Y / N
2. Has a provider ever denied or restricted your p	articipation in sports	for any reason?			Y/N
3. Do you have any ongoing medical issues or re- HEART HEALTH QUESTIONS ABOUT YOU ^a	cent illness?				Y/N
4. Have you ever passed out or nearly passed ou	t during or after exer	cise?			Y/N
5. Have you ever had discomfort, pain, tightness,	or pressure in your o	chest during exercis	e?		Y / N
6. Does your heart ever race, flutter in your chest	or skip beats (irregu	ılar beats) during ex	rercise?		Y/N
7. Has a doctor ever told you that you have any h	eart problems?				Y/N
8. Has a doctor ever requested a test for your hea	art? For example, ele	ctrocardiography (E	ECG) or echocardiography.		Y/N
9. Do you get light-headed or feel shorter of breat 10. Have you ever had a seizure?					
HEART HEALTH QUESTIONS ABOUT YOUR F					1 / IN
11. Has any family member or relative died of hea	art prob l ems or had a				
(including drowning or unexplained car crash)? .					
 Does anyone in your family have a genetic he ventricular cardiomyopathy (ARVC), long QI ventricular tachycardia (CPVT)? 	syndrome (LQTS),	short QT syndrome	(SQTS), Brugada syndrom	ne, or catecholaminergic	polymorphi
13. Has anyone in your family had a pacemaker of BONE AND JOINT QUESTIONS	or an implanted defib	rillator before age 3	5?		Y/N
14. Have you ever had a stress fracture or an inju	rv to a bone, muscle	. ligament, joint, or t	tendon that caused you to	miss a practice or game	?Y / N
15. Do you have a bone, muscle, ligament, or joir	it injury that bothers	you?			Y/N
MEDICAL QUESTIONS 16. Do you cough, wheeze, or have difficulty brea	thing during or after	overcice?			V / N
17. Are you missing a kidney, an eye, a testicle, y					
18. Do you have groin or testicle pain or a painful					
19. Do you have any recurring skin rashes or rash	nes that come and go	o, including herpes	or methicillin-resistant Stap	hylococcus aureus (MR	SA)? Y/N
20. Have you had a concussion or head injury that					
21. Have you ever had numbness, tingling, weaking					
22. Have you ever become ill while exercising in t 23. Do you or does someone in your family have	ne neat?				Y / N
24. Have you ever had or do you have any proble					
25. Do you worry about your weight?					
26. Are you trying to or has anyone recommende	d that you gain or l os	e weight?			Y/N
27. Are you on a special diet or do you avoid cert	ain types of foods or	food groups?			Y/N
28. Have you ever had an eating disorder?					Y/N
MENSTRUAL QUESTIONS 29. Have you ever had a menstrual period?					V / N
30. How old were you when you had your first me	nstrual period?				1 / IN
31. When was your most recent menstrual period					
32. How many periods have you had in the past 1	2 months?				
Notes:					
I hereby state that, to the best of my knowledge, i	my answers to the qu	uestions on this form	n are complete and correct.		
Signature of athlete:		Signature of parer	nt or guardian:		

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2025-2026 SPORTS QUALIFYING PHYSICAL EXAMINATION FORM (Z02.5)

Birth Date:

Minnesota State High School League

Pages 2-5 of this document should be KEPT on file by the medical provider issuing the physical examination.

Student Name:

 Do you feel safe? Have you been hit, kicked, slapped, p Have you ever tried cigarette, cigar, p During the past 30 days, did you use During the past 30 days, have you ha Have you ever taken steroid pills or s Have you ever taken any medications 	ot of pressure that you stop ounched, sextoppe, e-cigaret chewing tobard any alcohothots without as or supplements seatbelts, un	? doing some of your usual activities for more than a few days? ually abused, inappropriately touched, or threatened with harm by anyone close to yo tte smoking, or vaping, even 1 or 2 puffs? Do you currently smoke? acco, snuff, or dip? I drinks, even just one?	u?
		MEDICAL EXAM	
Height Weight Pulse BP in both arms R Vision: R 20/ L 20/ Cor	Bl R /_ rrected: Y /	MI (optional)	 on)
Exam	Normal	Abnormal Findings	Initials**
	Nominal	Abhormai i munige	IIIIIIIII
Circle any Marfan stigmata present	\rightarrow	Kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency	
HEENT			
Eyes			
Fundoscopic			
Pupils			
Hearing			
Cardiovascular*			
Describe any murmurs present (standing, supine, +/- Valsalva)	\rightarrow		
Pulses (simultaneous femoral & radial)			
Lungs			
Abdomen			
Tanner Staging (optional)	Circle		
Skin (No HSV, MRSA, Tinea corporis)			
Musculoskeletal			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand/Fingers			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot/Toes			
Functional (Double-leg squat test, single-leg squat test, and box drop, or step drop test)			
*Consider ECG echocardiogram and/or	referral to ac	I ardiology for abnormal cardiac history or examination findings ** For Multi	ple Examiners
Additional Notes:			PIO EXAMINICIS
		munizations, & safety counseling Discussed dental care & mout	hguard use
☐ Discussed Lead and TB expos	•	, , , ,	
riovidei Signature:		Date:	