# Sports medicine physical examination

(Version: 01.02.2023)

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| --- | --- |
| Examination date: |  |
| Clinician: |  |
| Name, first name: |  |
| Date of birth: |  |
| Gender: | male  female |
|  |  |

**NL significant finding**

1. **Head/neck**

Eyes         Glasses  Contact lenses

Visual acuity (distance visual acuity) left uncorrected       right uncorrected

left corrected       right corrected

Nose/sinuses

Teeth

Throat/Tonsils

Ears/eardrum

Thyroid gland

other

1. **Thorax/lungs**

Auscultation

Percussion

Rib cage

other

1. **Heart/Circulation**

Pulse:       /min Blood pressure:       /      mmHg

Auscultation

Heart sounds

Peripheral pulses

Veins

**NL significant finding**

1. **Lymph nodes**  cervical r/l        axillary r/l

inguinal r/l        other

**5. Skin**

1. **Abdomen**

Palpation

Liver

Spleen

Kidney lodges

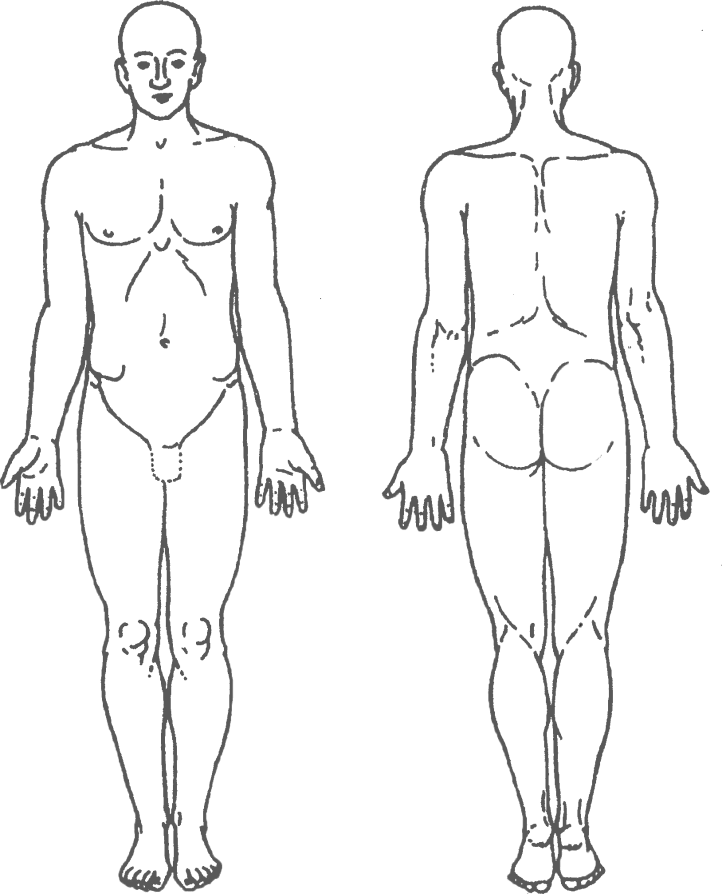
Hernias/Genitals/Tanner stage.

1. **Nervous system**

Reflexes   ASR r/l  PSR r/l  other

Sensitivity

Muscle function

**Mark pathological findings (for sections 1 – 7):**

**NL significant finding**

1. **Musculoskeletal system**

Gait/posture/limb alignment

Spine curvature

Pelvis   tilt towards  right  left minus       cm

Sacroiliac joint

Leg length

Cervical spine

Thoracic spine

Lumbar spine

Shoulder girdle

Elbow

Hand/wrist

Hip

Knee

Ankle joint

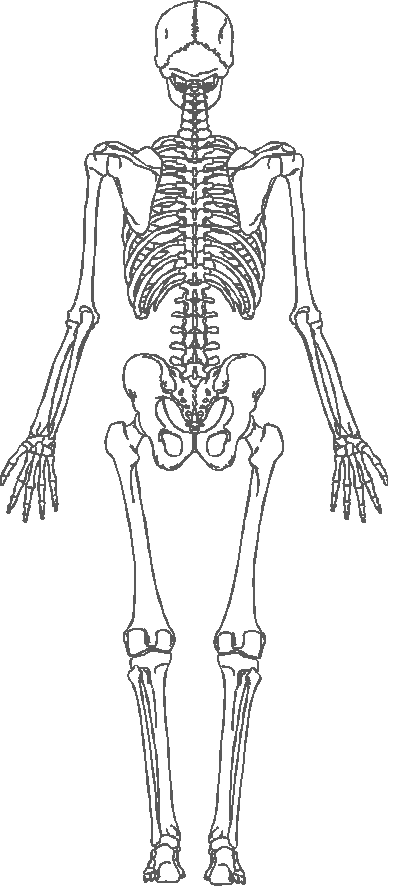
Foot

Muscle lengths/flexibility

Functional tests

Sport-specific findings

Comments

**Mark pathological findings (for section 8):**