# 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):**