

#### 2025-26 **ANNUAL PREPARTICIPATION** PHYSICAL EVALUATION

**EXCLUSIVE URGENT CARE** PARTNER OF THE AIA

(The	parent or guardian should fill out this form with assistance from the student-athlete)  Exam Date:		
Na Hor Pho Dat Age Sex Gre Sch Spe Per Hos	me:	act:	
	cle questions you don't know the answers to.		
1) 2)	Has a doctor ever denied or restricted your participation in sports for any reason?  List past and current medical conditions:	Yes	No
3)	Are you currently taking any prescription or nonprescription (over-the-counter) medicines or supplements? (Please specify):		
4)	Do you have allergies to medicines, pollens, foods or stinging insects?  (Please specify):		
5) 6)	Does your heart race or skip beats during exercise?  Has a doctor ever told you that you have (check all that apply):		
7) 8) 9)	High Blood Pressure A Heart Murmur High Cholesterol A Heart Infection  Have you ever had surgery? (Please list):  Have you ever had an injury (sprain, muscle/ligament tear, tendinitis, etc.) that caused you to miss a practice or game? (If yes, check affected area in the box below in question 10)  Have you had any broken/fractured bones or dislocated joints?  (If yes, check affected area in the box below in question 10):		
10)	Have you had a bone/joint injury that required X-rays, MRI, CT, surgery, injections, rehabilitation physical therapy, a brace, a cast or crutches? (If yes, check affected area in the box below):  Head  Neck  Shoulder  Upper Arm  Elbow  Hand/Fingers  Chest  Upper Back  Lower Back  Hip  Knee  Calf/Shin  Ankle	Fore	earm gh

AIA

ARIZONA INTERSCHOLASTIC ASSOC. 7007 N. 18TH ST., PHOENIX, AZ 85020 PHONE: (602) 385-3810

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PARTNER OF THE AIA

	Yes	No	
11) Have you ever had a stress fracture?			
) Have you ever been told that you have, or have you had an X-ray for atlantoaxial (neck) instability?			
13) Do you regularly use a brace or assistive device?			
14) Has a doctor told you that you have asthma or allergies?			
15) Do you cough, wheeze or have difficulty breathing during or after exercise?			
16) Have you ever used an inhaler or taken asthma medication?			
17) Do you have groin or testicular pain, or a painful bulge or hernia in the groin area?			
18) Were you born without, are you missing, or do you have a non-functioning kidney, eye, testicle or any other organ?			
19) Have you had infectious mononucleosis (mono) within the last month?			
20) Do you have any rashes, pressure sores or other skin problems?			
21) Have you had a herpes skin infection?			
22) Have you ever had an injury to your face, head, skull or brain (including a concussion, confusion, memory loss or headache from a hit to your head, having your "bell rung" or getting "dinged")?			
23) Have you ever had a seizure?			
24) Have you ever had numbness, tingling or weakness in your arms or legs after being hit, falling, stingers or burners?			
25) While exercising in the heat, do you have severe muscle cramps or become ill?			
26) Have you or someone in your family tested positive for sickle cell trait or sickle cell disease?			
27) Have you been hospitalized or had long-term complication care due to COVID-19?			
28) Are you happy with your weight?			
29) Are you trying to gain or lose weight?			
30) Has anyone recommended you change your weight or eating habits?			
31) Do you limit or carefully control what you eat?			
32) Do you have any concerns that you would like to discuss with a doctor?			
Females Only Explain "Yes" Answers	Here		
Yes No			
33) Have you ever had a menstrual period?			
34) How old were you when you had your first menstrual period?			
35) How many periods have you had in the last year?			



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#### Patient Health Questionnaire Version 4 (PHQ-4)

Over the last two weeks, how often have you been bothered by any of the following problems? (circle responses)				
	Not At All	Several Days	Over Half The Days	Nearly Every Day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

#### **Share Any Notes Related To The Above Section**

#### For more information regarding student-athlete mental health:

Quiet Suffering - A Resource for Student-Athlete Mental Health spark.adobe.com/page/lLtwyoLpTApOV/

Teen Lifeline Call and Text Crisis Line (602) 248-8336 (TEEN)

Outside Maricopa county call: 1-800-248-8336 (TEEN)

Hours are: Call 24/7/365 | Text weekdays 12-9 p.m. & weekends 3-9 p.m. | Peer counseling 3-9

p.m. daily

Crisis text line: Text HOME to 741741 to connect with a crisis counselor

National Suicide Prevention Lifeline 1-800-273-8255 or suicidepreventionlifeline.org

The Trevor Lifeline 866-488-7386 (for gender diverse youth)



## 2025-26 ANNUAL PREPARTICIPATION PHYSICAL EVALUATION



#### Family History Questions: Please Share About Any Of The Following In Your Family

			<u>.</u> -	
1)	Are there any family members who had sudden/unexpected/drowning or near drowning)	/unexplained death before age 35? (including SIDS, car accid	Yes ents	No
2)		problems" before age 50°		
3)			片	H
4)		g c. co. <u>_</u> c.		ш
′	•		V	NI.
	Yes No		Yes	No
	Enlarged Heart	Catecholaminergic Polymorphic Ventricular Tachycardia (CP	''') <del>     </del>	H
	Hypertrophic Cardiomyopathy (HCM)	Arrhythmogenic Right Ventricular Cardiomyopathy (ARVC)	$\vdash$	닏ㅣ
	Dilated Cardiomyopathy (DCM)	Marfan Syndrome (Aortic Rupture)		닏ㅣ
	Heart Rhythm Problems	Heart Attack, Age 35 or Younger		Ш
	Long QT Syndrome (LQTS)	Pacemaker or Implanted Defibrillator		
	Short QT Syndrome	Deaf at Birth		Ш
	Brugada Syndrome			
	Explain "	Yes" Answers Here		
Ad	dditional History			
			Yes	No
1)	Have you ever tried cigarettes, e-cigarettes, chewing tobacco	o, snuff or dip?		
2)	Do you drink alcohol or use illicit drugs?			
3)	Have you ever taken anabolic steroids or used any other per	formance-enhancing supplements?		
4)	Have you ever taken any supplements to help you gain or los	se weight, or improve your performance?		
5)	Do you always wear a seatbelt while in a vehicle?			
rec	ereby state that, to the best of my knowledge, not. Furthermore, I acknowledge and understand daccurate information in response to the above	I that my eligibility may be revoked if I have no		
Sigr	nature of Student-Athlete Signat	ture of Parent/Guardian Date		
Sigr	nature of MD/DO/ND/NP/PA-C/CCSP	Date		

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#### 2025-26 **ANNUAL PREPARTICIPATION PHYSICAL EXAMINATION**

**EXCLUSIVE URGENT CARE** PARTNER OF THE AIA

Name:		Date of Birth:	
		Sex:	
Height:		Weight:	
% Body Fat (optional): _		Pulse:	
		Pulse:	
Vision: R20/	_ L20/_	Corrected: Y N	
Pupils: Equal 🗌	Unequ	al 🗌	
	Normal	Abnormal Findings	Initials *
Medical			
Appearance			
Eyes/Ears/Throat/Nose			
Hearing			
Lymph Nodes			
Heart			
Murmurs			
Pulses			
Lungs			
Abdomen			
Genitourinary &			
Skin			
Musculoskeletal			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hands/Fingers			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot/Toes			
* - Multi-exami	ner set-up only	& - Having a third party present is recommended for the genitourinary examination	
NOTES:			
Cl   \\(\frac{1}{2}\)   \(\frac{1}{2}\)   \\(\frac{1}{2}\)   \(\frac{1}{2}\)   \\(\frac{1}{2}\)   \\(\frac{1}\)   \\(\frac{1}\)   \\(\frac{1}{2}\)   \\(\frac			
Cleared With Following Pos			
		ain Sports: Reason:	
Medically eliaible f	or all sports wi	ithout restriction with recommentations for further evaluation or treatment of	
, , , , , ,			
Recommendations:			
Name of Physician (Print/Tv	pe):	Exam Date:	
•		Phone:	
		, MD/DO/ND/NMD/NP/PA	



OUR STUDENTS, OUR TEAMS . . . OUR FUTURE.

### Arizona Interscholastic Association, Inc. Mild Traumatic Brain Injury (MTBI) / Concussion Annual Statement and Acknowledgement Form

I, \_\_\_\_\_\_ (student), acknowledge that I have to be an active participant in my own health and have the direct responsibility for reporting all of my injuries and illnesses to the school staff (e.g., coaches, team physicians, athletic training staff). I further recognize that my physical condition is dependent upon providing an accurate medical history and a full disclosure of any symptoms, complaints, prior injuries and/or disabilities experienced before, during or after athletic activities.

#### By signing below, I acknowledge:

- My institution has provided me with specific educational materials including the CDC Concussion fact sheet (http://www.cdc.gov/concussion/HeadsUp/youth.html) on what a concussion is and has given me an opportunity to ask questions.
- I have fully disclosed to the staff any prior medical conditions and will also disclose any future conditions.
- There is a possibility that participation in my sport may result in a head injury and/or concussion. In rare cases, these concussions can cause permanent brain damage, and even death.
- A concussion is a brain injury, which I am responsible for reporting to the team physician or athletic trainer.
- A concussion can affect my ability to perform everyday activities, and affect my reaction time, balance, sleep, and classroom performance.
- Some of the symptoms of concussion may be noticed right away while other symptoms can show up hours or days after the injury.
- If I suspect a teammate has a concussion, I am responsible for reporting the injury to the school staff.
- I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion related symptoms.
- I will not return to play in a game or practice until my symptoms have resolved AND I have written clearance to do so by a qualified health care professional.
- Following concussion the brain needs time to heal and you are much more likely to have a repeat concussion or further damage if you return to play before your symptoms resolve.

Based on the incidence of concussion as published by the CDC the following sports have been identified as high risk for concussion; baseball, basketball, diving, football, pole vaulting, soccer, softball, spiritline and wrestling.

I represent and certify that I and my parent/guardian have read the entirety of this document and fully understand the contents, consequences and implications of signing this document and that I agree to be bound by this document.

Student Athle	ete:		
Print Name:		Signature:	Date:
Parent or leg	al quardian must print and sign	n name below and indicate date signed:	
Print Name		Signature:	Date:

FORM 15.7-C 06/2015 7



a minor and student-athlete at

#### **CONSENT TO TREAT FORM**



#### 2025-26 CONSENT TO TREAT FORM

Parental consent for minor athletes is generally required for sports medicine services, defined as services including, but not limited to, evaluation, diagnosis, first aid and emergency care, stabilization, treatment, rehabilitation and referral of injuries and illnesses, along with decisions on return to play after injury or illness. Occasionally, those minor athletes require sports medicine services before, during and after their participation in sport-related activities, and under circumstances in which a parent or legal guardian is not immediately available to provide consent pertaining to the specific condition affecting the athlete. In such instances it may be imperative to the health and safety of those athletes that sports medicine services necessary to prevent harm be provided immediately, and not be withheld or delayed because of problems obtaining consent of a parent/guardian.

Accordingly, as a member of the Arizona Interscholastic Association (AIA), \_ (name of school or district) requires as a pre-condition of participation in interscholastic activities, that a parent/quardian provide written consent to the rendering of necessary sports medicine services to their minor athlete by a qualified medical provider (QMP) employed or otherwise designated by the school/district/AIA, to the extent the QMP deems necessary to prevent harm to the student-athlete. It is understood that a QMP may be an athletic trainer, physician, physician assistant or nurse practitioner licensed by the state of Arizona (or the state in which the student-athlete is located at the time the injury/illness occurs), and who is acting in accordance with the scope of practice under their designated state license and any other requirement imposed by Arizona law. In emergency situations, the QMP may also be a certified paramedic or emergency medical technician, but only for the purpose of providing emergency care and transport as designate PLEASE PRINT LEGIBLY OR TYPE \_\_\_\_\_, the undersigned, am the parent/legal guardian of, \_\_\_\_\_

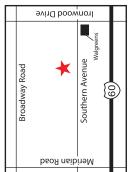
(name of school or district) who intends to participate in interscholastic sports and/or activities. I understand that the school/district/AIA employs or designates QMP's (as defined above) to provide sports medicine services (as also defined above) to the school's interscholastic athletes before, during or after sport-related activities, and that on certain occasions there are sport-related activities conducted away from the school/district facilities during which other QMP's are responsible for providing such sports medicine services. I hereby give consent to any such QMP to provide any such sports medicine services to the above-named minor. The QMP may make decisions on return to play in accordance with the defined scope of practice under the designated state license, except as otherwise limited by Arizona law. I also understand that documentation pertaining to any sports medicine services provided to the above-named minor, may be maintained by the QMP. I hereby authorize the QMP who provides such services to the above-named minor to disclose such information about the athlete's injury/illness, assessment, condition, treatment, rehabilitation and return to play status to those who, in the professional judgment of the QMP, are required to have such information in order to assure optimum treatment for and recovery from the injury/illness, and to protect the health and safety of the minor. I understand such disclosures may be made to above-named minor's coaches, athletic director, school nurse, any classroom teacher required to provide academic accommodation to assure the student-athlete's recovery and safe return to activity, and any treating QMP.

If the parent believes that the minor is in need of further treatment or rehabilitation services for the injury/illness, the minor may be treated by the physician or provider of his/her choice. I understand, however, that all decisions regarding same day return to activity following injury/illness shall be made by the QMP employed/designated by the school/ district/AIA.

Date:	Signature:	



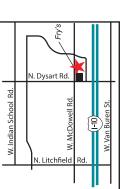
## Visit website for additional locations & hours 1-888-705-8562 NEXTCARE.COM



Apache Junction • 85120

2080 West Southern Ave., Suite #A1

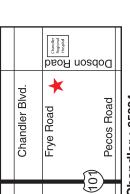
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Casa Grande • 85122

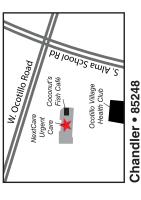
1683 E. Florence Blvd., Suite #7



**Chandler** • 85224

600 S. Dobson Road, Suite #C-26

1155 W. Ocotillo Road, Suite #4





Glendale • 85302

10240 N. 43rd Ave., Suite #3



sisqlsM'S

W Clay Ave

**Gilbert • 85298** 

6343 S. Higley Road

399 S. Malpais Lane, Suite #100

Flagstaff • 86001



Riviera Blvd

18589 N. 59th Ave., Suite #101

Glendale • 85308



N. 51st Ave

W. Union Hills Dr

Goodyear • 85338 17688 W. Elliot Road

-ake Havasu City • 86403

1810 Mesquite Ave., Suite B

Rose Garden Ln.



298 W. Mariposa Road

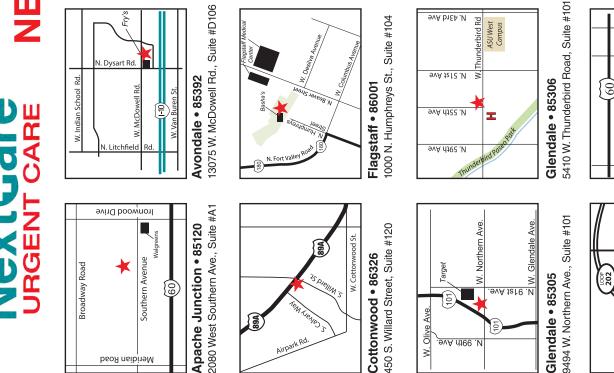
## Nogales • 85621

Lake Pleasant Road (99th Ave.)

Beardsley Rd.

## Peoria • 85382

20470 N. Lake Pleasant Rd., Suite #102



450 S. Willard Street, Suite #120

W. Olive Ave

J. 99th Ave.



N. 67th Ave

Rd	202)	
E. McKellips Rd		N. Recker Rd
		rg

N. Val Vista Dr.

**Baseline Road** 

M. Lindsay Rd.

A. Horne

V. Mesa Dr

Walmart

Dana Park 5. 32nd St.

## Mesa • 85205

1066 N. Power Road, Suite #101

3130 E. Baseline Road, Suite #105

535 E. McKellips Road, Suite #101

Mesa • 85203

McKellips Dr.

Mesa • 85204



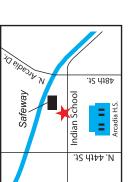
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Phoenix • 85016

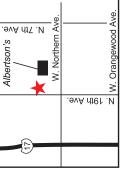
1701 E. Thomas Road, Suite #A104

W. Coronado Rd.



Phoenix • 85018

4730 E. Indian School Rd., Suite #211



Phoenix • 85021

8101 N. 19th Ave., Suite #A

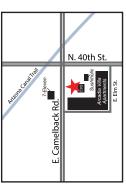
Willow Creek Rd.

E. Deer Valley Rd.



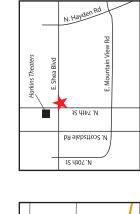
Phoenix • 85032

3229 E. Greenway Rd., Suite #102



Phoenix • 85018

3931 E. Camelback Road



3051 N. Windsong Drive

2062 Willow Creek Road

20950 N. Tatum Blvd., Suite #190

5920 W. McDowell Road

Phoenix • 85035

Phoenix • 85050

.bvla mutsT

N. 59th Ave

E. Rose Garden Ln

Walgreens

W. McDowell Rd.

Prescott • 86301

7425 E. Shea Blvd., Suite #108

Scottsdale • 85260



Prescott Valley • 86314



W Bell Rd.

9vA ts19.N

Ave. 98th Ave.

N. 99th AVE

Blue Heron Way

Stutz Bearcat Dr

N 71st St

E Oak St

Кідру Ка.

Jack in the Box

25°

Rural

**Curry Road** 

Scottsdale Road

Surprise • 85374

9745 W. Bell Road, Suite #105

2530 W. SR 89A, Suite #A

2122 N. Scottsdale Road

Scottsdale • 85257

E Palm Ln

Sedona • 86336

·DA ZU

W. Ajo Way W. Irvington Rd.

Wells Rd.

S. Kino Parkway

Sun City • 85351

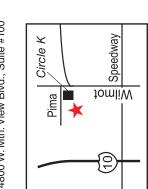
W. Thunderbird Rd.

14800 W. Mtn. View Blvd., Suite #100

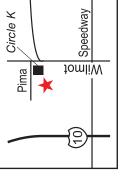
914 N. Scottsdale Rd., Suite #104

Tempe • 85281

Speedway Blvd.



5369 S. Calle Santa Cruz, Suite #145



Tucson • 85712

Tucson • 85706

1280 North Oracle Rd., Suite #100

570 E. Tucson Marketplace Blvd.

Tucson • 85713

**Fucson • 85705** 

W. Valencia Rd. W. Drexel Rd.

W. Miracle Mile

E. Ajo Way

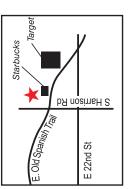
6238 E. Pima Street

#### N. Park Ave. N. Eudid Ave. **Fucson • 85719** E. 6th St.

501 North Park Ave., Suite #110

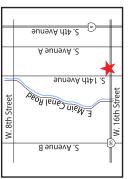


# Visit website for additional locations & hours **NEXTCARE.COM • 1-888-705-8562**



Tucson • 85748

9525 E. Old Spanish Trail, Suite #101



Yuma • 85364

1394 W. 16th Street