

Pre-Participation Physical	
<b>History</b>	<ul style="list-style-type: none"> <li>• Goal to elucidate conditions that might preclude or limit sports participation</li> <li>• Cardiac history</li> <li>• Dyspnea on exertion - consider exercise induced asthma</li> <li>• History of head trauma</li> <li>• History of "burners" or "stingers" (from transient brachial plexus compression/stretching) - if recurrent may need C-spine XR</li> <li>• Disordered eating (esp in sports w/ weight requirements)</li> <li>• Substance abuse</li> <li>• Family history: sudden death, congenital heart disease, arrhythmias, Marfan syndrome</li> </ul>
<b>PE</b>	<ul style="list-style-type: none"> <li>• Special attention to CV, respiratory, and MSK</li> <li>• MSK: assess ROM, symmetry, stability</li> </ul>
<b>Cardiac Testing</b>	<ul style="list-style-type: none"> <li>• e.g. EKG, echo, exercise testing</li> <li>• ONLY if clinically indicated</li> </ul>
<b>Clearance</b>	<ul style="list-style-type: none"> <li>• Increased risk of injury?</li> <li>• Would treatment make athlete safe to participate?</li> <li>• Can limited participation be allowed while treatment is undergone?</li> <li>• Limitations for some or all sports?</li> </ul>

General Approach to the MSK Exam			
	Step	Focus	Red Flags
1	History	Mechanism, chronicity, exposures, associated symptoms	B symptoms Major trauma
2	Inspection (compare to contralateral side)	Make sure to EXPOSE for best exam Asymmetry, atrophy, deformity, ecchymosis, erythema, scars	Erythema - sign of infection Deformity concerning for major trauma
3	Palpation	Anatomic points of interest	Warmth - sign of infection Diminished sensation - sign of neurologic deficit
4	Range of Motion (active first, then passive)	Pain with motion, limited ROM (distinguish whether 2/2 pain, effusion, mechanical problem)	
5	Strength	5/5: full strength 4/5: movement against some resistance 3/5: movement against gravity 2/5: movement but not against gravity 1/5: muscle flicker 0/5: no contraction	Diminished strength (if not 2/2 pain) - sign of neurologic deficit
6	Special Testing	Joint specific - see relevant section	See relevant section