



Yearly Physical History Form - it's not just for athletes!

Who needs this form?

All patients **12 and older** should complete this form each year, not just athletes. It helps us review both recent and past medical history and ensures nothing important is overlooked.

How to fill it out:

- Complete the form **together with your child**.
 - Parents: help with medical history details.
 - Teens: answer personal symptom questions yourself.
- If you answer **“YES”** to any questions:
 - Write a short note with details at the bottom of the page.
 - For bone/joint issues, let us know if anything still bothers you.
 - For family/heart health questions (#5–16), include enough detail for us to understand fully.

Why it matters (especially for athletes):

One purpose of this form is to help prevent **Sudden Cardiac Death**, a rare but serious risk during intense activity. Honest answers allow us to keep you safe. Saying “YES” does not automatically mean you won’t be cleared.

Examples of good answers:

- “2 concussions (Nov 2023, Dec 2024). Second required 6 weeks recovery, stopped football.”
- “Asthma – inhaler needed about twice a year with colds.”
- “Passed out once in hot weather after running 3 miles; resolved with better hydration.”
- “R ankle surgery 2023, fully recovered.”

Submitting the form:

- **Preferred:** Print and bring to your appointment.

- **If you can't print:** Scan and email it to our office staff (include your child's name and DOB).
- **Other options:** Upload through our website or fax (Oxnard: 805-983-3887 | Ventura: 805-643-6717).

Note: Forms may take up to a week to process. If you need one urgently, please call our office and we'll do our best to help.