



Adena Sports Medicine

4437 State Route 159
Suite G15
Chillicothe, Ohio 45601
740-779-4599

ADENA.ORG

Dear Parents,

Adena Sports Medicine is pleased, once again, to provide sports physicals at your child's school this spring. During these physicals, Adena's Sports Medicine physicians will evaluate student athletes' general health, current fitness level and discuss any existing conditions that might increase their risk of injury. We recommend that you still take your child for a Well-Child exam as these sports physicals do not take the place of a Well-Child exam with their personal physician. Well-Child exams consist of a more in-depth evaluation of your child's health and provide appropriate immunizations. There are many benefits of a well-child exam and insurances cover the cost of these exams. If you need a pediatrician or family medicine physician, please visit www.adena.org/findadoc or call 740-779-FIND (3463).

In addition, this year Adena Sports Medicine has decided to adopt the online physical form that is being suggested as best practice by the Ohio High School Athletic Association. This form is available through your school's athletic website, the OHSAA website or www.e-ppe.com. This process will allow your student athletes health information to be more secure and easier to access by authorized personnel. The completion of the medical history is your responsibility and the instructions are enclosed in this packet. We will not be accepting the paper form that has been used in the past. If you have any questions please do not hesitate to contact your school or one of the Adena Athletic Trainers.

Sincerely,

A handwritten signature in black ink, appearing to read "Brad Strauch", written over a set of horizontal lines.

Dr. Brad Strauch, M.D.
Adena Sports Medicine



Instructions for Electronic Physical Exam Form

Welcome to Privit Profile!

As a parent or guardian of a student athlete, it is your responsibility to complete the medical history information within each section of the e-PPE Questionnaire.

Each component must be completed prior to your child's physical exam. Incomplete medical evaluations will result in medical ineligibility for sports.

Before completing your child's e-PPE Questionnaire, we recommend you have the following information on hand:

- Family Medical History
- Personal Medical History
- Immunizations/Allergies/Medications
- Primary Health Insurance Information

Privit Profile Instructions:

1. Click the Privit Profile link from your school's athletic website or go to <http://www.e-ppe.com> and type your athlete's high school or organization name in the search box.
2. From the results page, click on the name of your child's high school or organization.
3. From the landing page, click Register.
4. Fill out the registration page with your child's information. As a parent, you do not need to register. However, you can use any email address and password (parent's or an athlete's) but you will only need to register those participating in athletics. This will be the email address and password you will use to access your child's Privit Profile in the future. Click 'Register'. (If you have multiple children or you have already registered yourself, you do not need to register again and please refer to #6 below.)
5. After clicking 'Register' a Welcome Message should appear. Read the Welcome Message and when you have finished reading, scroll down to the bottom of the message and click 'Done'. Next, complete your child's Personal Details/Demographics section. There are six components to this area (Personal Information, Primary Insurance, Emergency Contacts, etc.).

IMPORTANT: By completing this section, your child's demographic information can be copied to prepopulate for other family members' e-PPE demographic information using the 'Copy Data' button.

6. On the Home page click the 'Add Member' button. (This allows you to add your child if you already registered as yourself; and this section allows you to add other family members if necessary.)
 - Click Add Member.
 - Enter your child's first name (and last name if different), date of birth, and gender.
 - Click Add Member
 - On the next screen you are able to copy e-PPE family History data and demographic data from other family members.



- Confirm the information you want copied and click Copy.
You will now see your child listed under Family Members and you can begin completing your child's e-PPE Questionnaire.
- To begin completing your child's e-PPE Questionnaire click on their name on the left hand side of the screen.
Complete the demographic information section and click Save and Exit.
- Complete the 17 components of the e-PPE questionnaire. We recommend completing the questionnaire all together at once.
You are able to click the "Save and Exit" button (Located at the bottom of each page in the questionnaire) to allow you to finish at a later date if needed.

IMPORTANT: In order for a component to be 100% complete you will need to answer all mandatory questions, marked with a red asterisk, and check the box at the bottom that states "I have thoroughly read all questions on this page and answered them to the best of my knowledge." You **will not** be able to print your forms until this step is complete.

7. Click Finished.

After completing your child's e-PPE questionnaire, you **MUST** add your child to the teams he/she will be participating in or trying out for this academic year. To do this, click 'Manage Your Team Memberships' from the home screen and check the box next to the sports your child will be playing.

IMPORTANT: You **cannot** skip this step as it is critical for you to be able to print your child's reports to take to the physical exam. In addition, your child's coaches and athletic trainers will be able to review eligibility status, emergency contact information, and see your child on the team roster.

8. After you have completed your child's e-PPE Questionnaire and added them to a team, you will need to print out the appropriate reports/forms your child will need for his/her physical exam.



Checklist for Parents/Athletes

- Complete registration
- Complete Electronic Physical Questionnaire
- Print necessary forms
- Student Signature on Form A, B & C
- Parents Signature on OHSAA Eligibility Statement and Consent form
- Return forms to Physical exam
- Upload completed forms or return to the school to be uploaded

If you have any questions please don't hesitate to contact your school Athletic Department or one of the Adena Athletic Trainers at the numbers below.

Adena High School/Paint Valley High School – Erika Danver – 740-703-7164

Chillicothe High School – Andrea Anderson – 740-703-2938

Oak Hill High School – Shane Wells – 740-703-1283

Pikeon High School/Huntington High School – Shannan Heagarty – 740-253-5863

Southeastern High School – Trina Owings – 740-703-0870

Unioto High School – Candice Lefevre – 740-701-7696

Waverly High School – Janey Richards – 740-466-9410

Zane Trace High School – Lisa Chaffin – 740-703-3267



SATURDAY MORNING INJURY CLINICS

WHEN:

Every Saturday in the Fall
August 29 through October 31, 2015

WHERE:

Adena Bone and Joint Center
4437 State Route 159
Suite G15
Chillicothe, Ohio 45601

As every student athlete and coach knows, strains, sprains and injuries are part of the game. That's why Adena Health System sponsors Saturday Morning Injury Clinics for fall sports.

The clinics are open to all fall athletes in Adena's 12-county service area on a first come, first-serve basis beginning at 9AM. Student athletes suffering from common injuries of the knee, ankle and wrist as well as concussions are encouraged to come to the Adena Bone and Joint Center in Chillicothe for the clinic.

ADENA SPORTS MEDICINE HOTLINE: 740-779-8943

EMAIL: ADENASPORTSMED@ADENA.ORG

740-779-8943

ADENA.ORG/SPORTSMED

Department of: Adena Regional Medical Center



Sports Medicine

Here. For Life.



WATCH YOUR HEAD: SYMPTOMS OF CONCUSSIONS

IF YOU EXPERIENCE THESE SYMPTOMS, TELL YOUR COACH OR PARENT:

- Headache or pressure in head
- Nausea or vomiting
- Trouble balancing
- Dizziness
- Double or blurry vision
- Bothered by light or noise
- Sluggish, hazy, foggy or groggy
- Confusion, concentration or memory problems
- Just not feeling right or feeling down

IF YOU NOTICE THESE SYMPTOMS IN A TEAMMATE, TELL YOUR COACH OR PARENT:

- Can't remember events prior to or after a hit or fall
- Appears dazed or stunned
- Forgets an instruction; is confused about an assignment or position; or is unsure of the game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes

If you are concerned about a possible concussion, please call 740-779-8943 or visit [ADENA.ORG/SPORTSMED](https://www.adena.org/sportsmed)



Sports Medicine