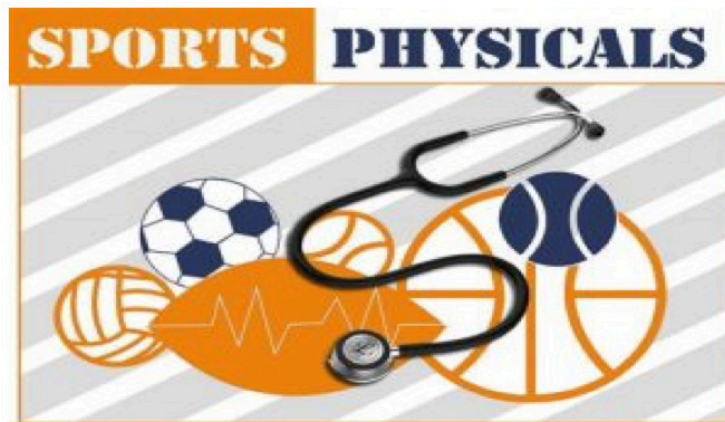




Combine
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GOAT NOTES

Combine Academy Sports Medicine Newsletter



PARTICIPATION PHYSICAL EXAM NEWSLETTER

Pre-Participation Exams has become a critical aspect in sports, however currently there is no standardized instrumentation for these exams. PPE is designed to screen for injuries, illnesses, or other factors that increase an athlete's risk for injury or illness. Experts in the field of athletic training, sports medicine, orthopaedics, family medicine, pediatrics, and osteopathics all agree that the identification of predisposing factors that threaten one's safety are vital to participating in sports.

When and how often should PPE be administered?

PPE should be performed before athletes enter any level of new training. This should occur 4-6 weeks before training and should be done in a group setting with a multi-station approach. This usually involves more than one healthcare professional and a medical doctor must sign-off on the examination.

Factors of an Appropriate PPE

- Medical and Family History Questions
(Regarding medications, any underlining conditions chest pain, blood pressure, fatigue, Family questions about heart disease, cancer, disabilities)
- Physical Examination
 - General Health Screening
- Vital Signs, height, weight, blood pressure, vision, pulmonary, neurological, abdominal, skin
- Cardiovascular Screening
- Pulses, blood pressures, heart murmurs
- Neurologic Screening

- Sensory, reflex and motor control testing, concussion history, cervical stenosis Orthopaedic Screening
- Musculoskeletal screening of previous and current injuries. Range of motion and strength testing, special test if needed
- **Nutritional Assessment**
(Questions on diets and any history of eating disorders)
- **Medication Use**
(Medications and supplement intake)

References:

- Castle, J. (2017). Game Day Nutrition Tips for Young Athletes. [online] Eatright.org. Available at: <https://www.eatright.org/fitness/sports-and-performance/tips-for-athletes/gameday-nutrition-tips-for-young-athletes>
<https://www.choosemyplate.gov/>

Director of Athletic Training



Andres earned his Bachelor's Degree from Nova Southeastern University and majored in Athletic Training. He is a member of the NATA and previously held a licensure as a Paramedic Firefighter. Andres is the father of two daughters, and husband to Mrs. Gutierrez, a pediatric ICU nurse. Mr. Gutierrez also has an immense amount of rehabilitation and physiotherapy experience, utilizing some of the most cutting edge science and athletic training practices with several NBA, NFL, MLS, and MLB professional clients.



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