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6 Leading Medical Societies

American Academy of Family Physicians

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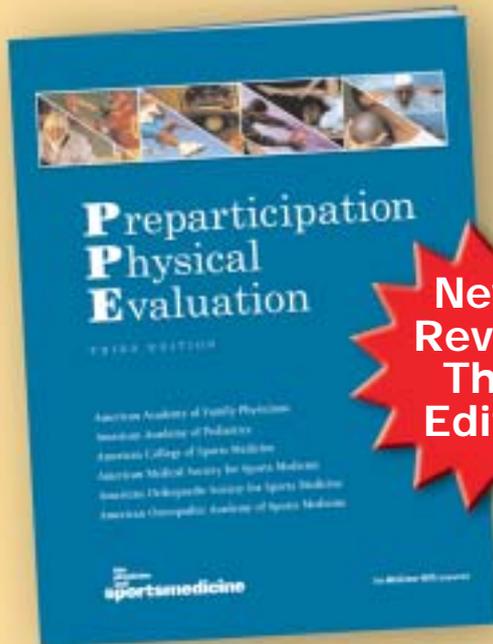
American College of Sports Medicine

American Medical Society for Sports Medicine

American Orthopaedic Society for Sports Medicine

American Osteopathic Academy of Sports Medicine

The Preparticipation Physical
Evaluation is the Gold Standard
in screening exams.



Newly
Revised
Third
Edition

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New, Improved, and Expanded!

The Preparticipation Physical Evaluation Third Edition includes these key features:

NEW ELEMENTS

- ◆ Exciting new full color diagrams and more colorful illustrations integrated into the text for easy access
- ◆ Recommendations are based on integration of the most up-to-date research publications and clinical information
- ◆ Focus-group tested for optimal patient comprehension and accuracy of information

PPE Forms

- ◆ History form with updated, clinically sound, and validated questions
- ◆ More detailed, practical physical exam and clearance form

Timing and Setting

- ◆ Comprehensive PPE every 2 to 3 years for older students and every 2 years for younger students
- ◆ Comprehensive PPE at entry into middle school and high school or upon transfer to a new school
- ◆ Annual updates should include a comprehensive history, problem-focused exam, and vitals
- ◆ Ideal setting is with athlete's personal physician
- ◆ Coordinated medical team examinations have a useful role, particularly for those who do not have a personal physician; multiple physicians may be involved in one-on-one screening, but one physician should coordinate.
- ◆ Coordinated medical team examinations should involve private screening areas and should not be conducted in a gymnasium or other public setting

Administrative and Legal Issues

- ◆ New details on course to take when athlete and/or parents go against medical advice
- ◆ How HIPAA and FERPA regulations affect the PPE, with an example of a compliant consent form
- ◆ Legal aspects involving physically and mentally impaired athletes

History, Physical Exam, and Clearance

- ◆ Significantly expanded discussion paralleling the changed history and physical exam forms
- ◆ More detailed physical examination
- ◆ Added coverage of obesity, diabetes, disabled athletes, cardiovascular evaluation, and sport-specific testing
- ◆ More exact clearance categories

NEW CHAPTERS

Athletes With Disabilities

- ◆ Definitions and classifications of disabled athletes
- ◆ Benefits of sports participation
- ◆ Role of Special Olympics and the US Paralympics
- ◆ Tailored history questions
- ◆ Focused physical exams
- ◆ Clearance issues

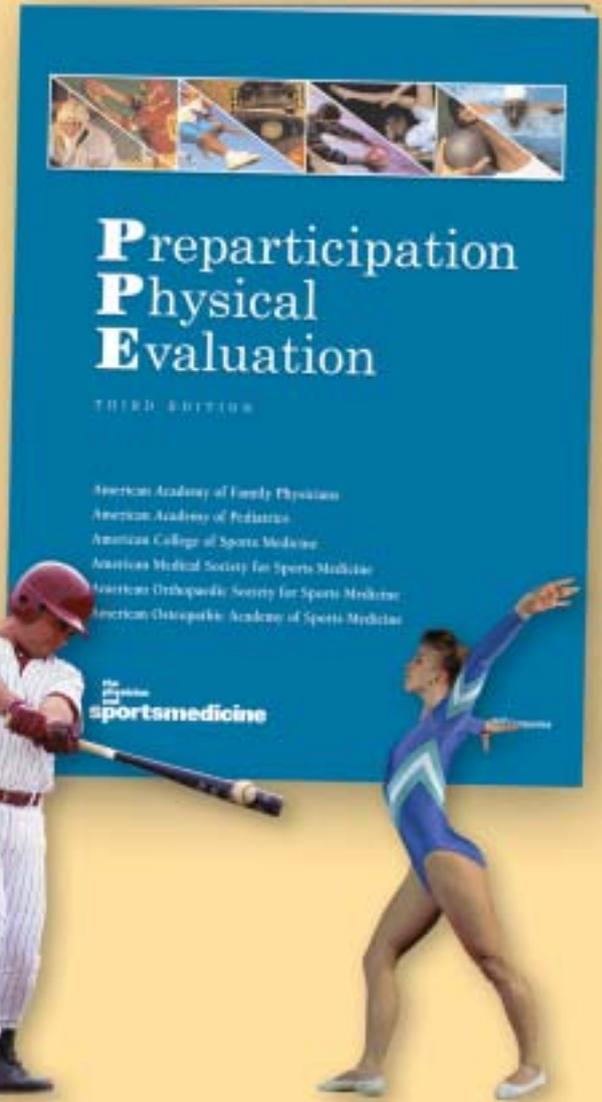
Future Considerations

- ◆ Core exam that can be adapted to meet individual needs
- ◆ Working toward a common accepted format
- ◆ Multi-center randomized comparisons of frequency of exam to determine optimal recommendations
- ◆ Electronic PPE involving databases to measure efficacy and validity of process

PPE Market

Who Needs It?—Primary care medical providers including: Family Physicians, General Practitioners, Internists, Pediatricians, DOs, Nurse Practitioners, and Physician Assistants; Athletic Trainers; Coaches; and School Athletic Directors.

- ◆ 12,000,000+ Preparticipation Physical Evaluations are performed annually in the United States
- ◆ 1/3 of American children born in 2000 will contract Type II Diabetes unless they eat better and exercise more (CDC)
- ◆ Kids today spend an average of 5 hours in front of a TV or computer (Kaiser Family Foundation)
- ◆ From 1991 to 1995 daily high school phys. ed. attendance dropped from 42% to 25% (US Dept. of Health and Human Services)
- ◆ Fewer than 1 in 4 children get 20+ minutes of vigorous physical activity per day (National Assoc. for Sport and Phys. Ed.)
- ◆ Illinois is the only state with a mandatory physical education requirement for grades K-12 (National Assoc. for Sport and Phys. Ed.)
- ◆ Kids born today are expected to have a shorter lifespan than their parents due to inactivity and diet (Obesity Week—Feb 2002)
- ◆ Research on Second Edition demonstrated that 44% of physicians surveyed conduct in excess of 100 preparticipation exams per year



PPE: Third Edition's Distinguished Editorial Board

The Preparticipation Physical Evaluation Third Edition is the only publication on the PPE that features an expert panel from 6 leading medical societies as authors. It has been prepared by rigorous approach, with evidence-based medicine, by this high profile editorial working group and authors with acknowledged expertise in PPE. All contributors are national authorities in their respective fields.

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