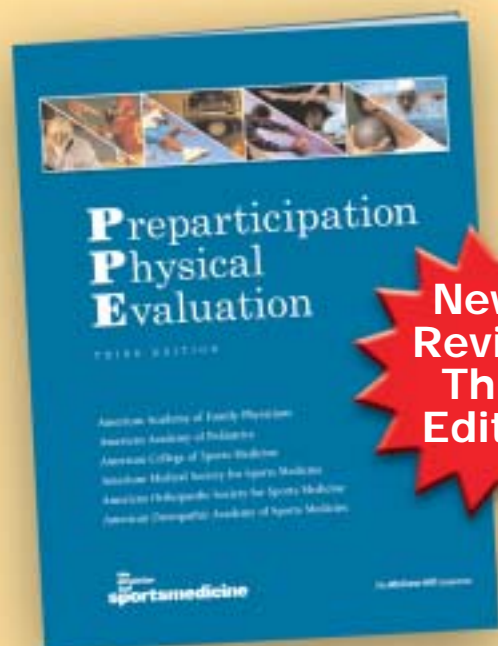


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**The Preparticipation Physical
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NEW ELEMENTS

- ◆ 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

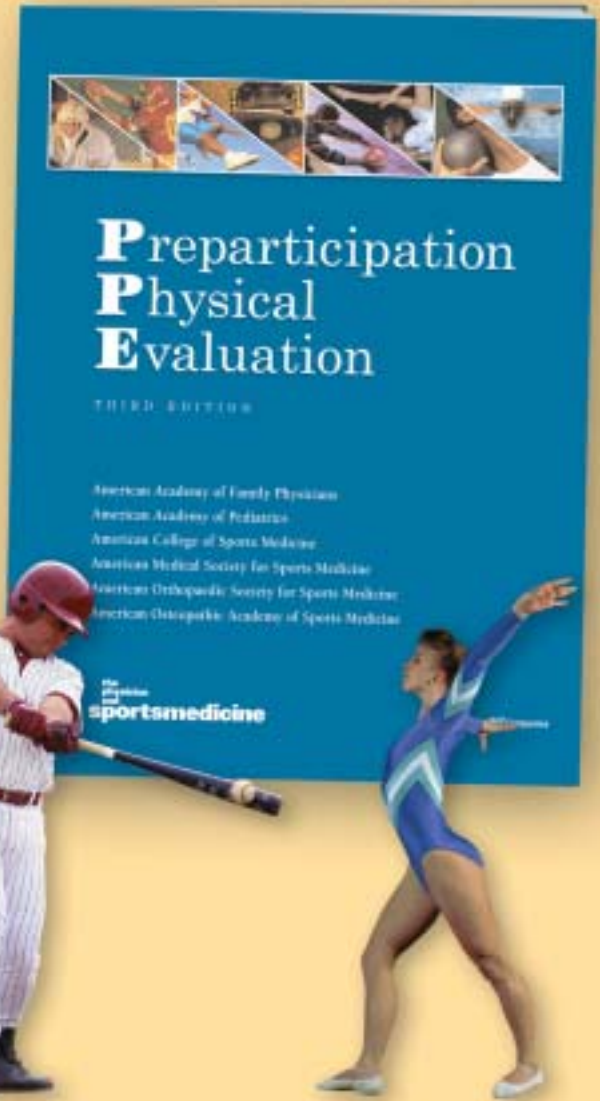
Future Considerations

- ◆ 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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