



# World Kickboxing Association



## 35 years old and older Physical Examination Report

### Front To be Completed by Fighter

**Name of Event:** \_\_\_\_\_ **Date of Event:** \_\_\_\_\_  
**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_  Male  Female  
**Street Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_  
**Country:** \_\_\_\_\_ **Phone:** ( ) \_\_\_\_\_  
**Email:** \_\_\_\_\_ **\*\* Will receive WKA Fighter License via email**  
 Do you have a Health Insurance?  yes  no If so, with what company? \_\_\_\_\_

### Medical History:

Have you ever had, or do you currently have any of the following conditions? Please check boxes of all that apply.

1. Blood Disorder or Anemia	19. Hepatitis	
2. Seizure or Convulsions	20. Diabetes	
3. Rheumatic Fever	21. Physical Impairment	
4. Asthma or Shortness of Breath	22. Skin Disease or Rash	
5. High Blood Pressure	23. Chronic Cough	
6. Heart Disease or Heart Murmur	24. Headaches	
7. Chest pain, discomfort, or pressure	25. Swollen Joint, Joint Injury, or Dislocation	
8. Tuberculosis	26. Sprain, Muscle or Ligament Tear, Tendonitis	
9. Marfan Syndrome	27. Severe muscle cramps	
10. Rheumatism or Arthritis	28. Neck or Spine disorder or instability	
11. Sickle Cell Disease or trait (in self or family member)	29. Spitting or Coughing of Blood	
12. Kidney, Lung, Testicle or Eye removed	30. Surgery or Hospitalization	
13. Kidney Disease, Single or Horseshoe kidney	31. Substance Abuse	
14. Concussion or Unconsciousness	32. Communicable Disease	
15. Mononucleosis	33. Fracture or Stress Fracture	
16. Allergies	34. Rupture or Hernia	
17. Blurring of Vision or other eye/vision problems	35. Dizziness or Fainting Spells	
18. Wear/ have worn Glasses or Contact lenses	36. Numbness, weakness, or tingling in arms or legs	

Name of Primary Care Physician / Family Doctor: \_\_\_\_\_

If you checked any of the above boxes, please explain fully: \_\_\_\_\_

Do you have any other information concerning your health, past or present, which is not covered by the above questions? (if yes, describe fully): \_\_\_\_\_

Are you taking any Medications or Drugs? \_\_\_\_\_ Please list and give the name of the prescribing doctor.

Date of Last Fight: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 How Many Knock Outs have you suffered? KO \_\_\_\_\_ TKO \_\_\_\_\_ Date of Last KO \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 Longest duration of unconsciousness \_\_\_\_\_ (# of min, hour, days)  
 Length of time before returning to contact \_\_\_\_\_  
 Have you ever been knocked unconscious in any other sport or activity? \_\_\_\_\_  
 What is your average non-fight weight? \_\_\_\_\_  
**Signature of Fighter:** \_\_\_\_\_



To be Completed by Physician

Physical Examination for: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_ Temperature: \_\_\_\_\_ Pulse: \_\_\_\_\_

General appearance: \_\_\_\_\_

HEENT: \_\_\_\_\_

Pupils: Reg \_\_\_\_\_ Round \_\_\_\_\_ Equal \_\_\_\_\_ React Light \_\_\_\_\_ Accom \_\_\_\_\_  
OD \_\_\_\_\_ OS \_\_\_\_\_ Periorbital scars \_\_\_\_\_  
Acuity \_\_\_\_\_

Oropharynx: \_\_\_\_\_

Neck: LA \_\_\_\_\_ Goiter \_\_\_\_\_ ROM \_\_\_\_\_

Lungs: \_\_\_\_\_

Heart: \_\_\_\_\_

Abd: \_\_\_\_\_

Inguinal region: \_\_\_\_\_

Cervical Spine/Neck: \_\_\_\_\_

Back: \_\_\_\_\_

Shoulders: \_\_\_\_\_

Arm/Elbow/Wrist: \_\_\_\_\_

Knees: \_\_\_\_\_

Ankles: \_\_\_\_\_

Hips: \_\_\_\_\_

Hands/Feet/Small Joints: \_\_\_\_\_

Skin: \_\_\_\_\_

Neuro: \_\_\_\_\_

Gait: \_\_\_\_\_ Romberg: \_\_\_\_\_ FNF: \_\_\_\_\_ RAM: \_\_\_\_\_

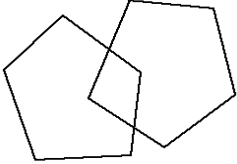
Muscle stretch reflexes: \_\_\_\_\_ Motor: \_\_\_\_\_ Sensory: \_\_\_\_\_

Orientation: Self, time, place: \_\_\_\_\_

Mental assessment: \_\_\_\_\_

Physical Examination Continued for: \_\_\_\_\_

MMSE (required for professional fights)

		Comment	Score	Poss
1.	Year, season, month, date, day			(5)
2.	Where are we? State, county, city, building, floor			(5)
3.	Repeat names of 3 objects (e.g.: ball, apple, cow)			(3)
4.	Serial 7's 100, 93, 86, 79, 72, 65			(5)
5.	Recall: repeat the three objects again			(3)
6.	Name identified objects (e.g.: pen and watch)			(2)
7.	Repeat sentence (e.g.: "No ifs, ands, or buts")			(1)
8.	Follow three-step command (e.g.: take paper in your hand, fold it in half, and put it on the floor.)			(3)
9.	Copy design 			(1)
10.	May comment on reading, writing ability			

A total score of 0-21 suggests cognitive impairment

Total score: \_\_\_\_\_

Other physician observations : \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

I have examined the above contestant on (date): \_\_\_\_\_

- This athlete shows no physical findings that would prohibit his/her participation in the listed event.
- This athlete should have close follow up for the following conditions, by his/her primary care physician.
- This athlete should not compete today.

Comments: \_\_\_\_\_

Physician's Signature: \_\_\_\_\_ Date of Exam: \_\_\_\_\_

Physician's Name: \_\_\_\_\_ Practice/Company (if applicable): \_\_\_\_\_

Physician License Number: \_\_\_\_\_ State of License: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (     ) \_\_\_\_\_