

---

---

---

---

---

---

---

---

---

---

# Instructions for Completion of the New York State School Health Examination EHR Component

## Physical Examination/ Assessment

1. A complete physical exam must include the following systems: HEENT, Dental, Neck, Lymph nodes, Lungs, Abdomen, Back/Spine including screening for scoliosis (see above grade levels), Genitourinary, Extremities, Skin, Neurological, Cardiovascular, Speech/Language, Social/Emotional, and Musculoskeletal. Abnormal findings on review of systems and physical exam should be noted.

Tanner Staging (5) is required ONLY for any student in Grades 7 or 8 to play sports at a high school level or Grades 9-play middle school level sports

## Assessment and Recommendations

1. State "has no restrictions" if applicable. Please note any restrictions on physical activity including participation in physical education, sports, playground and work. Include applicable limitations on participation in sports by level of contact:
  - a. Contact Sports: Basketball, Competitive Cheerleading, Diving, Downhill Skiing, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, and Wrestling
  - b. Limited Contact Sports: Baseball, Fencing, Softball, and Volleyball
  - c. Non-Contact Sports: Archery, Badminton, Bowling, Cross-Country, Golf, Riflery, Swimming, Tennis, a