



Dear Esteemed Parent/Guardian,

For nearly two decades, several school districts across the region have trusted Adena Health's physicians, nurse practitioners and athletic trainers to help student-athletes stay healthy and whole. This comprehensive care starts with preseason sports physicals, which Adena's expert sports medicine providers will once again conduct at your child's school, this spring.

What To Expect

During the student-athlete physical, Adena's sports medicine team will evaluate your child's general health, current fitness level, and discuss any existing conditions that could potentially increase a risk of injury. Our sports medicine team has the knowledge and experience—as physicians and nurse practitioners, as athletes, and in many cases, as parents themselves—to know exactly what to look for to ensure your children are prepared for the rigors of the season ahead.

Our providers will use the current Physical Form provided by the Ohio High School Athletic Association. Depending on your school's requirements, forms are available at your school's website and at www.finalforms.com. We are also including a copy of the form in this packet for your convenience.

What We Need From You

Please note that the completion of the medical history portion of the form is your responsibility, and we have included instructions to assist you in this packet. It also is your responsibility to have all necessary forms signed according to the enclosed instructions.

It's important to note that annual sports physicals are not meant to take the place of well-child exams provided by your child's personal physician. Regular well-child exams are important in providing a more in-depth evaluation of your child's health. They also ensure that they have the appropriate immunizations, and their cost is usually covered by most insurance plans. If you are looking for a family medicine provider or pediatrician to provide well-child care, please visit www.adena.org/find or call 740-779-FIND (3463).

What To Know About Injuries

Should the unfortunate event of a sports-related injury occur during the season, or should your child or someone in your family require orthopedic care, our team is ready to bring their years of training, experience and expertise to provide high-quality treatment for a wide variety of conditions. You may find a list of these conditions by searching "sports medicine" on Adena's website at adena.org.

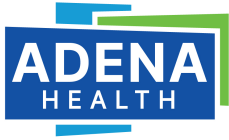
We Do What We Love, So Your Child Can Too

We consider it a privilege to be able to provide your child with the physical exam needed to allow them to compete in the upcoming season. We also are honored to provide you with the peace of mind that they will be able to compete safely. If you have any questions, please do not hesitate to contact your school or one of Adena's athletic trainers.

Thank you for trusting us to serve your family's health and wellness needs.

Sincerely,

Clinton Hartz, M.D., Adena Sports Medicine



Register on FinalForms - For Parents

Where does a parent go to register on FinalForms?

Every school district has a unique URL, or link, for Parents and Students to register and login.

Where can I find the URL or link?

[https://\(your school name\)-oh.finalforms.com/](https://(your school name)-oh.finalforms.com/)

What do I do once I'm there?

Option 1 - NEW USERS

1. Click **New Account** under the PARENT icon.
2. Type your Name, Email, and Date of Birth Click **Register**.
3. Check your email and CONFIRM YOUR ACCOUNT by clicking the link in the email text NOTE: You will receive an email within 2 minutes prompting you to confirm and complete your registration. If you do not receive an email, check your spam folder. If you still do not see the FinalForms email, please email support@finalforms.com.
4. Type your password as requested and **Confirm Account**.

Congratulations, you have created your account!

Option 2 - RETURNING USERS

1. Click **Login** under the PARENT icon.
2. Enter your Email and Password. NOTE: If you forgot your password, click "forgot password?". You will receive an email with a link to create a new password within 2 minutes.
3. Click Login.

Congratulations, you are now logged in!



Registering Student(s)

WHAT INFO WILL I NEED?

- | | |
|---|---|
| <input type="checkbox"/> Insurance Company & Policy Number | <input type="checkbox"/> Hospital Preference |
| <input type="checkbox"/> Doctor & Dentist Contact Information | <input type="checkbox"/> Email Address for BOTH you and your student* |

HOW DO I REGISTER MY FIRST STUDENT?

IMPORTANTIf you have followed the steps on the previous page, you are already logged in. Jump to Step 3.

1. Go to [https://\(your school name\)-oh.finalforms.com](https://(your school name)-oh.finalforms.com)
2. Click LOGIN under the Parent Icon

3. Click REGISTER STUDENT

4. Type your Student's **NAME, STUDENT'S EMAIL ADDRESS, DATE OF BIRTH, GENDER, GRADUATION YEAR/GRADE and HOME ADDRESS** then click **CREATE STUDENT**

NOTE: The email address provided will be used to send reminders to your student. A student email address may or may not be required, depending on your school preferences.

5. If your student is an athlete, please assign your student to a sport by clicking a checkbox. Sports are separated by year, season, and registration deadline. **Click UPDATE SPORTS after making your selection.**

NOTE: A sport selection can be changed anytime up until the its registration deadline

6. Complete each form and enter your full name (e.g. "John Smith") into the Parent Signature field at the bottom of the page. **After signing, click SUBMIT FORM and move on to the next form**

7. When all forms are complete, you will see a "Forms Finished" message.

8. *****IMPORTANT*** An email will automatically be sent to the email address that you provided for your student prompting him/her to sign Student forms requiring his/her signature, if required**

2nd Student, etc.

9. **If you are registering an additional student, click MY STUDENTS at the top of the page and jump back to Step 3.**

Most of the information, like home address and contact information, is automatically copied to your additional students. All forms for additional students will still require your signature

10. In the future, you may login at any time and click the update forms button to update information

Be sure you print out the Physical Form for each student***

Where to Find the Physical Form to Print for Physicians?

There are links to the standard state-specific forms within the application itself. You, as a parent, can find these in three different locations.

1. There is a permanent link in your profile dropdown on the top right of the screen.
2. There is a link within the Instructions panel when you click "Instructions" on the students' page.
3. Once you complete your athletic forms on the site and your student signs them as well, the next call to action button will be a prompt to download and print the physical form PDF.

Checklist for Parents/Athletes

- ☐ Complete registration per school requirements
- ☐ Complete physical questionnaire
- ☐ Print the physical packet if necessary
- ☐ Sign all necessary forms
- ☐ Bring forms to physical exam

If you have any questions please don't hesitate to contact your school Athletic Department or one of the Adena Athletic Trainers at the numbers below.

Adena High School – Melissa Richendollar – mrichendollar@adena.org

Chillicothe High School – Lisa Chaffin – lichaffin@adena.org

Huntington High School – Amanda Keeton – akeeton@adena.org

McClain High School – Megan Montgomery – hmontgomery@adena.org

Miami Trace High School – Taylor Priest – tpriest@adena.org

Piketon High School – Amanda Keeton – akeeton@adena.org

Southeastern High School – Trina Owings – towings@adena.org

Teays Valley High School – CJ Kinzer – ckinzer@adena.org

Unioto High School – Phillip Hughes – phughes@adena.org

Washington High School – Ashley Cassidy – ahenry2@adena.org

Waverly High School – Shane Wells – swells@adena.org

Wellston High School – Shane Wells – swells@adena.org

Zane Trace High School – Trina Owings – towings@adena.org

For more information contact 740-779-8943 and leave a voicemail



WATCH YOUR HEAD: SYMPTOMS OF CONCUSSIONS

IF YOU EXPERIENCE THESE SYMPTOMS, TELL YOUR COACH OR PARENT:

- Headache or pressure in head
- Nausea or vomiting
- Trouble balancing
- Dizziness
- Double or blurry vision
- Bothered by light or noise
- Sluggish, hazy, foggy or groggy
- Confusion, concentration or memory problems
- Just not feeling right or feeling down

IF YOU NOTICE THESE SYMPTOMS IN A TEAMMATE, TELL YOUR COACH OR PARENT:

- Can't remember events prior to or after a hit or fall
- Appears dazed or stunned
- Forgets an instruction; is confused about an assignment or position; or is unsure of the game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes

Adena offers comprehensive concussion services, including cognitive baseline testing that can later be used to help diagnose concussions, concussion assessments and treatments, and more. For more information, please call 740-779-8943 or visit [ADENA.ORG/SPORTSMED](https://Adena.org/SportsMed)





SATURDAY MORNING INJURY CLINICS

WHEN:

Every Saturday
August 12 through October 31

WHERE:

AOSI
4437 State Route 159
Suite G15
Chillicothe, Ohio 45601

As every student athlete and coach knows, strains, sprains and injuries are part of the game. That's why Adena Health System sponsors Saturday Morning Injury Clinics for fall sports.

The clinics are open to all fall athletes in Adena's 12-county service area on a first come, first-serve basis beginning at 9AM. Student athletes suffering from common injuries of the knee, ankle and wrist as well as concussions are encouraged to come to the Adena Orthopedic and Spine Institute in Chillicothe for the clinic.

ADENA SPORTS MEDICINE HOTLINE: 740-779-8943

EMAIL: ADENASPORTSMED@ADENA.ORG

740-779-8943

ADENA.ORG/SPORTSMED

