

## Sports Medicine History

**Sports Participating In** (please check):

Running \_\_\_ Walking \_\_\_ Basketball \_\_\_ Baseball \_\_\_ Biking \_\_\_ Aerobics \_\_\_ Skiing \_\_\_  
Football \_\_\_ Tennis \_\_\_ Golf \_\_\_

How long have you participated in this/these sport(s)? \_\_\_\_\_

How many days/week do you participated in each sport? \_\_\_\_\_

Name any past injuries you've had in the past related to your sport? \_\_\_\_\_

\_\_\_\_\_

What type of shoes do you typically wear for your sport? (Brand and Model- if you know?) \_\_\_\_\_

\_\_\_\_\_

Do you now or have you ever worn inserts (orthotics) in your athletic shoes? \_\_\_\_\_

If so, what type were they? Over the counter \_\_\_ Soft \_\_\_ Hard \_\_\_ Hard w/Soft Cover \_\_\_

Have you recently changed the amount of time you spend performing your sport prior to the injury? \_\_\_\_\_

If so, how? \_\_\_\_\_

Describe your injury and its location? \_\_\_\_\_

\_\_\_\_\_

How long have you had it? \_\_\_\_\_

What have you done to treat it? \_\_\_\_\_

Did anything you do help? \_\_\_\_\_

### **Runners and Walkers only:**

What type of surface(s) do you train on? (Give % of time for each) Asphalt \_\_\_ Concrete \_\_\_ Trails \_\_\_

Grass \_\_\_ When on roads, do you typically run against traffic? \_\_\_ Canted/Sloped surface? \_\_\_

What % of your training is done on Hills? \_\_\_\_\_ Track? \_\_\_\_\_

Do you wear racing flats or spikes? \_\_\_ If so, what brand/model? \_\_\_\_\_

Do you do any speedwork? \_\_\_\_\_ If so, typical sessions \_\_\_\_\_

Do any racing? \_\_\_ If so, how often, at what distances and current speed? \_\_\_\_\_

\_\_\_\_\_

What pace do you typically train at? \_\_\_\_\_ minutes/mile