Bone and Joint Japan 　January, 2020 edition

**Health Survey of Musculoskeletal System (Spine/Rib, Extremities, Bone/Joint)**

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| Name of School | Class, Student Number | Name Gender | Date of Birth |
|  School | 　 | （　　　　　　　　　　）□M　　　　　　　　　　　　□F |  |

Mark ☑ on which applies to he/she （**↓to be answered by parent**）　　 　Date of entry：

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| 1. Does he/she presently join a sports club/youth sports? If so, what kind of sports is he/she doing?

（e.g.: Soccer school from 3rd grade, Ballet from 1st grade） | □No□Yes（　　　　　　　　　　　　　　　　　　　　　　　　　　） |
| 1. Has he/she got treatment at a hospital in the past or present? (including follow-up)

（e.g.：Right knee meniscus operation when 10 yrs. old） | □No□Yes（　　　　　　　　　　　　　　　　　　　　　　　） |
| 1. Mark ☑ all that apply to his/her backbone**（↓to be answered by parent）**
 | **School physician entry zone (after exam.）** |
| 1. Spine appears not to be straight?

 | □①Height of shoulders not equal□②Waistlines not equal□③Height of shoulder bones not equal□④Height of the back not equal when bent forward and raised rib or raised lumbar is observed（※This item is most important）□⑤ No problem for ①～④ | (All students are to be examined)□①No Problem□②Follow-up・Brief advice＊□③Orthopedic examination required |
| Ⅳ．Mark ☑ all that applies to his/her lumbar and extremities**（↓to be answered by parent）** | (Examination required for students with problems) |
| 1. Feels pain of spine when bent forward or backward?
 | □①Hurts when bent forward. (since when：　　　　　)　　　　　　　　　　　　　□②Hurts when bent backward. (since w hen：　　　　)　　　　　　　　　　□③Does not hurt either bent forward or backward. | □①Follow-up・Brief advice＊□②Orthopedic examination required |
| 1. Feels pain when arm or leg is moved?

（Mark ○ on the picture where pain is felt.） | □①Feels pain.(Since when：　　　　)□②No pain. |  | □①Follow-up・Brief advice＊□②Orthopedic examination required |
| 1. Movement not smooth in some part of arm/leg?

　（Mark X on the picture for the applicable part.） | □①Slow movement.(Since when：　　　　)　　□②Movement is O.K. |
| 1. Cannot stand on

 One-leg for over 5 seconds? | □①Cannot stand over 5 seconds. □②Can stand.  | □①Follow-up・Brief advice＊□②Orthopedic examination required |
| 1. Cannot crouch down?

（Keeping one’s full feet flat on the floor） | □①Cannot crouch down. □②Can crouch down.　 | □①Follow-up・Brief advice＊□②Orthopedic examination required |
| **School Comments**(Nurse, teacher, etc.)Comment about condition in school or athletic activities, if any.　　　　　　　　　　　　　　　　　　　　　　　　　　　　　　　　 | **Judgement　　　Name of School Physician**□①Follow-up・Brief advice＊（＊Refer website of “Musculoskeletal Counseling for parent-and-child”）□②Orthopedic examinationNote（By School Physician）

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