



Adena Orthopedic and Spine Institute

Sports Medicine

272 Hospital Road

Chillicothe, Ohio 45601

740-779-4598

ADENA.ORG

Dear Parents,

Adena Sports Medicine is pleased, once again, to provide sports physicals at your child's school this spring. During these physicals, Adena's Sports Medicine physicians and nurse practitioners will evaluate student athletes' general health, current fitness level and discuss any existing conditions that might increase their risk of injury. We recommend that you still take your child for a Well-Child exam as these sports physicals do not take the place of a Well-Child exam with their personal physician. Well-Child exams consist of a more in-depth evaluation of your child's health and provide appropriate immunizations. There are many benefits of a Well-Child exam, and insurances usually cover the cost of these exams. If you need a pediatrician or family medicine provider, please visit www.adena.org/find or call 740-779-FIND (3463).

Adena Sports Medicine will use the current physical form that the Ohio High School Athletic Association has provided for this year. Based on your school's requirements, forms are available through your school's website, www.finalforms.com, or included in this packet. The completion of the medical history is your responsibility, and the instructions are enclosed in this packet. It is also your responsibility to have all necessary forms signed per the enclosed instructions. If you have any questions, please do not hesitate to contact your school or one of the Adena Athletic Trainers.

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?

- ☐ Insurance Company & Policy Number
- ☐ Hospital Preference
- ☐ Doctor & Dentist Contact Information
- ☐ Email Address for BOTH you and your student*

HOW DO I REGISTER MY FIRST STUDENT?

IMPORTANT If 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 – Kaitlyn Berry – 740-600-4515

Chillicothe High School – Lisa Chaffin – 740-703-3267

Huntington High School – Phillip Hughes – 740-253-5863

McClain High School – Megan Montgomery – 740-656-8361

Miami Trace High School – Taylor Priest – 740-899-2810

Oak Hill High School – Shane Wells – 740-703-1283

Piketon High School – Amanda Keeton – 740-656-6582

Southeastern High School – Trina Owings – 740-703-0870

Teays Valley High School – CJ Kinzer – 740-656-6642

Unioto High School – Phillip Hughes – 740-253-5863

Washington High School – Ashley Cassidy – 740-899-2814

Waverly High School – Melissa Stokes – 740-899-2796

Wellston High School – Mason O'Conner – 678-314-0878

Zane Trace High School – Brianna Thiel – 740-253-5618

For more information, contact Phillip Hughes – 740-253-5863



SATURDAY MORNING INJURY CLINICS

WHEN:

Every Saturday
August 13 through October 20

WHERE:

Adena Orthopedic and Spine Institute
272 Hospital Road
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 athletes 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

Department of: Adena Regional Medical Center



Sports Medicine