



Pre-Season Medical Screening

With Adelaide Football Club Doctor **Steve Kennett** (Notes from the March, 2008 Wakefield Education Session)

Aims of Screening

- Risk Assessment
 - check as to whether surgery may be needed prior to competition
- Injury Prevention or at least Minimization
 - certain players with low back and groin injuries may increase core work
- Preparedness
 - really as a trainer or doctor being ready for condition eg asthma
- Safety
 - Identify risks – overweight, smoker, allergies, existing medical conditions

Medical History

- Asthma
- Diabetes
- Epilepsy
- Migraine
- CVS problems ie hypertension; arrhythmia (AF,SVT)
- Drug Use
- OTHER including
 - Vision (contact lenses)
 - Teeth (missing, plates)
 - Allergies especially associated anaphylaxis
 - Significant Family History (eg sudden death)

Medication

- Inhalers
- Insulin
- B Blocker
- Imigran

Significant Past Football Injuries

- Head Injuries
- Spinal injuries
- Major Joint and ligamentous injuries
- Recurrent soft tissue injuries
- Groin Injuries
- Mental Illness

Examination:

- General condition include weight/BMI
- Vision(include peripheral)
- Hearing
- Duck Waddle
- Specific Areas



Dr Steve Kennett



Dr Marc Cesana



Dr Brian Sando