

Guide to Completion Medical Diagnostics Form Physical Impairment

To be eligible for Para sport, a disabled athlete must have an underlying health condition, that results in one or more of the 10 eligible impairment types, recognized by the International Paralympic Committee, the IPC, and be permanent in nature.

Eligibility for a Para sport can only be verified upon receipt of specific medical information, and for athletes with a physical impairment, this must in the form of a Medical Diagnostics Form (MDF). Other medical evidence must also be submitted to support the health condition, and resulting impairment, declared on the MDF.

The MDF MUST be completed by a medical doctor.

Health Condition

The pathology, acute or chronic disease, disorder, injury, or trauma experienced by an athlete. The athlete's medical diagnosis. For example, spinal cord injury, cerebral palsy. The health condition must be permanent in nature and either stable, progressive, or fluctuating and either acquired or present from birth (congenital). The correct box must be ticked.

Limitations to Activity

The body part/s and activities affected limited resulting from the athlete's health condition. For example, no use of lower limb (wheelchair user), increase in muscle tone on right side of body.

Primary Impairment

An impairment is considered a loss of function and is categorised into three areas within the Paralympic Movement: physical impairment, visual impairment, and intellectual impairment.

The International Paralympic Committee recognise 10 impairment types for the Paralympic Movement, see below. An athlete must have a health condition that leads to one, or more, of these.

The medical doctor MUST tick the PRIMARY impairment type most affected by the athlete's health condition.

Impairment Types

Eligible Impairment	Examples of Health Conditions
Impaired Muscle Power Athletes with Impaired Muscle Power have a Health Condition that either reduces or eliminates their ability to voluntarily contract their muscles in order to move or to generate force.	Examples of an Underlying Health Condition that can lead to Impaired Muscle Power include spinal cord injury (complete or incomplete, tetra-or paraplegia or paraparesis), muscular dystrophy, post-polio syndrome and spina bifida.

<p>Limb Deficiency</p> <p>Athletes with Limb Deficiency have total or partial absence of bones or joints as a consequence of trauma.</p>	<p>Examples of an Underlying Health Condition that can lead to Limb Deficiency include traumatic amputation, illness (for example amputation due to bone cancer) or congenital limb deficiency (for example dysmelia).</p>
<p>Leg Length Difference</p> <p>Athletes with Leg Length Difference have a difference in the length of their legs.</p>	<p>Examples of an Underlying Health Condition that can lead to Leg Length Difference include: dysmelia and congenital or traumatic disturbance of limb growth.</p>
<p>Short Stature</p> <p>Athletes with Short Stature will have a reduced length in the bones of the upper limbs, lower limbs and/or trunk.</p>	<p>Examples of an Underlying Health Condition that can lead to Short Stature include achondroplasia, growth hormone dysfunction, and osteogenesis imperfecta.</p>
<p>Hypertonia</p> <p>Athletes with hypertonia have an increase in muscle tension and a reduced ability of a muscle to stretch caused by damage to the central nervous system.</p>	<p>Examples of an Underlying Health Condition that can lead to Hypertonia include cerebral palsy, traumatic brain injury and stroke.</p>
<p>Ataxia</p> <p>Athletes with Ataxia have uncoordinated movements caused by damage to the central nervous system.</p>	<p>Examples of an Underlying Health Condition that can lead to Ataxia include cerebral palsy, traumatic brain injury, stroke, and multiple sclerosis.</p>
<p>Athetosis</p> <p>Athletes with Athetosis have continual slow involuntary movements.</p>	<p>Examples of an Underlying Health Condition that can lead to Athetosis include cerebral palsy, traumatic brain injury and stroke.</p>
<p>Impaired Passive Range of Movement</p> <p>Athletes with Impaired Passive Range of Movement have a restriction or a lack of passive movement in one or more joints.</p>	<p>Examples of an Underlying Health Condition that can lead to Impaired Passive Range of Movement include arthrogryposis and contracture resulting from chronic joint immobilisation or trauma affecting a joint.</p>

Non Eligible Impairments

Examples of non-eligible Impairment include, but not limited to the following:

- Pain,
- Hearing impairment,
- Low muscle tone,
- Hypermobility joints,
- Joint instability, such as recurrent dislocation,
- Impaired muscle endurance,
- Impaired motor reflex functions,
- Impaired cardiovascular functions,
- Impaired respiratory function
- Impaired metabolic functions
- Tics, mannerisms, stereotypes, motor perseveration

Non Eligible Health Conditions

Examples include, but not necessarily limited to:

Health Conditions that primarily cause pain; primarily cause fatigue; primarily cause joint hypermobility or hypotonia; or are primarily psychological or psychosomatic in nature do not lead to an Eligible Impairment.

Examples of Health Conditions that primarily cause pain include myofascial *pain*-dysfunction syndrome, fibromyalgia, or complex regional pain syndrome.

An example of a Health Condition that primarily causes fatigue is chronic fatigue syndrome.

An example of a Health Condition that primarily causes hypermobility or hypotonia is Ehlers-Danlos syndrome.

Examples of Health Conditions that are primarily psychological or psychosomatic in nature include conversion disorders or post-traumatic stress disorder.

Diagnostic Evidence

Supporting medical evidence must be submitted with the MDF.

Examples of such evidence for physical impairment type could include:

Loss of muscle power:

- ASIA scale for athletes with a spinal cord injury
- Manual muscle power test of affected muscles (Daniels and Worthingham or Oxford scale)

Loss of passive range of movement:

- Range of movement score for affected joints (Norkin or Clarkson)

Spasticity:

- Modified Ashworth Scale or ASAS

Limb Deficiency:

- X-rays for dysmelia
- Photos for amputations

Short Stature

- Height measurement

Other:

- Reports from other diagnostic testing may be required, such as EMG, MRI, CT

Treatment History

Information on previous surgeries or medical treatment related to impairment.

Medication

Indicate medication taken on a regular basis, its dose and frequency.

Additional Health Conditions

Indicate any other health conditions that do not lead to one of the IPC recognised impairment types and give a brief explanation.

Medical Declaration

This must be signed by the medical Doctor completing the MDF and all other personal information completed as requested.