

Fitness Evaluation	PHOENIX FIRE DEPARTMENT HEALTH & FITNESS
Annual Physical	M. P. 1-A07.02 01/2012-R Page 1 of 1

FITNESS EVALUATION

Fitness evaluations are conducted as part of the annual physical examination. The fitness evaluation is made available on a voluntary basis and consists of the following test:

1. **Functional Movement and Mobility Assessment:** This assessment looks at the individual's range of motion, flexibility, functional balance and strength. It can identify areas of injury or weakness as well as any structural abnormalities that could effect movement and function. The intent of this exam is to help the member stay injury free by finding any areas of weakness or restriction that if left unattended could result in an injury. If there is a significant finding revealed the member will be given exercises to address the finding or if more serious, the member will be given resources to follow up with the appropriate medical professional such as Physical therapist or specialty doctor.
2. Another tool provided to the members is the IMETT. The IMETT is a test to improve cardiovascular conditioning and cardiovascular athletic performance. This test is a great tool to help a person get the most out of their cardiovascular training. Using this tool is also a great way to prepare for the annual stress test conducted at the annual physical. This test is conducted at the Health Center by appointment. To schedule an IMETT call 602-262-6435.

CONFIDENTIALITY

The results of the fitness evaluation are given the same respect concerning confidentiality as medical records.