

onto Londonderry Turnpike; at the circle proceed 1/4 way around, turn right following signs for Manchester; this is Candia Rd; (one mile is fork; bear left at light); proceed 2.7 miles to end of Candia Rd; at light turn right onto Mammoth Rd; past CVS on right, second driveway is Elliot Health System, 275 Mammoth Rd, Elliot Occupational Health Services is in the corner of the building, Suite 3.



**275 Mammoth Road
Manchester, NH 03109
603-663-8400 • Fax 603-663-8497**

Elliot Occupational Health **Your Physical Exam**



 **The Elliot.**
Live Better!

Welcome to Elliot Occupational Health!

We have partnered with your company to complete a medical review and physical exam, the purpose of which, is to evaluate your “fit” to the job you have, or have applied for, based on the job description provided to us and/or governmental (i.e. DOT) regulations.

This exam may be pre-placement, periodic, surveillance, fit for duty, or other type of exam. Although these different evaluations may include various additional components such as blood tests, drug screens, pulmonary function test, hearing test, EKG’s etc., they all include a medical history and physical. Your exam focuses on those areas pertinent to your work activities, and especially your musculoskeletal and nervous function. Some companies require specific testing of your ability to lift, push and pull.

This pamphlet is designed to provide you with an explanation of the basic components of your evaluation, so you will be comfortable, knowledgeable and prepared.



The General Exam Consists of:

- An evaluation of the eyes, ears, nose, throat, neck, heart and lungs
- Abdomen for a hernia check
- Spine and extremities for range of motion
- Circulatory and central nervous system

For a Federal Aviation Administration Exam:

- A urine collection will be needed
- An eye exam will be given; please bring your glasses or wear your contact lenses
- An EKG may be required

When you arrive

1. You will be checked in and may be asked to complete paperwork including a medical history form.

2. A nurse or medical assistant will bring you to a room, make you comfortable and take your vital signs.
3. You will be asked to undress (leaving underwear on) and put on an examination gown (shorts are available if necessary). If requested, a medical assistant is available for the exam.
4. The medical provider will review your medical history and perform the physical exam.



5. A physical abilities test may be performed which will include lifting, pushing, pulling and possibly other activities, so please wear comfortable clothes and closed toe shoes.

Elliot Occupational Health conveys only your suitability, that is whether or not you are physically compatible with the job description provided by the company requesting your physical exam.

Directions

From points South

93 North toward Concord; take exit 6 (Hanover St and Candia Rd); turn left onto Candia Rd at light; go approximately one mile to end; at light turn right onto Mammoth Rd; past CVS on right, second driveway is Elliot Health System, 275 Mammoth Rd, Elliot Occupational Health Services is in the corner of the building, Suite 3.

From points North

93 South toward Boston; take exit 8, Wellington Rd; turn right onto Wellington Rd at light; move to furthest left lane and turn left onto Mammoth Rd; approximately one mile on left is Elliot Health System, 275 Mammoth Rd, Elliot Occupational Health Services is in the corner of the building, Suite 3.

From points West via 101

Rt. 101 East to 293 South; follow to 93 North; move to furthest right lane; take exit 6 (Hanover St and Candia Rd); turn left onto Candia Rd at light; go approximately one mile to end; at light turn right onto Mammoth Rd; past CVS on right, second driveway is Elliot Health System, 275 Mammoth Rd, Elliot Occupational Health Services is in the corner of the building, Suite 3.

From points East via 101

Rt. 101 West take exit one (Auburn, Hooksett); at bottom of ramp turn left