

The Center for Occupational Medicine  
Hackensack UMC Fitness & Wellness Center  
87 Route 17 North, Suite 137 Maywood, New Jersey 07607  
551-996-8670

Police Academy Candidate  
Physical Examination Instructions  
Please make a copy of this section for each scheduled candidate

## **Overview**

Two visits are required to complete the Police Academy Candidate physical examination. On the first visit, you will provide blood and urine samples, receive a chest x-ray, and if indicated, a joint integrity assessment (JIA). If your first appointment is in the morning, please do not eat or drink after midnight. If you have an afternoon appointment, you may eat a light breakfast.

Immediately upon completion of the first visit to the Hackensack University Medical Center Fitness & Wellness Center, you will be given a prescription for stress test and will be directed to Cardiology.

On the second visit, you will be given a stress test and complete physical examination. The day of the stress test, you may eat a light breakfast. You may bring juice or bottled water to Cardiology for use during the testing period. You are advised to wear comfortable clothes and gym shoes. Photo ID is required.

Follow the stress test, please report to the Center for Occupational Medicine to complete your physical examination and receive your clearance papers.

## **Summary Instructions to Candidates**

**First visit:** Report to the Center for Occupational Medicine, at Hackensack UMC Fitness Center in Suite 137, for blood work, urinalysis, and chest x-ray. Following these procedures, report to Physical Medicine & Rehabilitation (PM&R) for a joint integrity assessment.

Following the joint integrity assessment, please go to the Cardiology to schedule your Stress Test. Cardiology is located at The Hackensack University Medical Center Fitness & Wellness Center (87 Rt. 17 North, Suite 137, Maywood NJ)

**Second visit:** You will make your appointment for the second visit when you report during the first visit. You must report to the Cardiology Dept. 15 minutes prior to your scheduled appointment for your stress test.