

Today's Agenda: 12/1/14

1. Students will watch, “what to expect on a sideline assessment?”
2. TO: How do I assess and evaluate my athlete?
3. Students will watch student made video of an injury assessment.
4. Students will begin to plan their own injury assessment video.



Athletic Injuries

- **Assessment** Def: **collection of objective and subjective data** on athlete's health status
 - **Objective** – measurable
 - **Subjective** – pt opinion
- **Diagnosis** Def: **using assessment info** and phy exam **to establish the cause** of injury
 - ATCs **CANNOT** diagnosis

TO: How do I assess and eval a sports injury?

1. Primary Survey – ABCs

- assessment of life threatening ERs; look for ABCs (airway, breathing, circulation). This is done while approaching the injured athlete and as soon as you reach the athlete. No breathing, call 911, begin CPR.

2. Secondary Survey – HOPS

- History, observation, palpation, special test



Hx:

- What?
- When?
- **MOI?** (body position, activity, speed, direction)
- **Sound?**
- **P!** Location/characteristics/scale?
- **Neurological function intact.**
- **Prior hx of injury?**



Observation:

Expose the injured part to compare to uninjured side.

Deformity?

Swelling?

Ecchymosis?

Bleeding?





Palpation:

Firmly touch uninjured side first; want it to be uncomfortable.

Then injured side, watch for grimace, areas that elicit p!, start away from the area that the athlete states is most painful and work your way towards it. You must know what anatomical structures you are touching.

AROM (active range of motion): athlete moves injured part through full ROM, looking for pts of p!, inability shows significant injury

PROM (passive ROM): athlete relaxes and ATC moves part through full ROM, looking again for pts of p!



Special Tests:

- **Strength** – isometric c/o resistance, then through ROM
- **Ligamentous Laxity** – test to determine if ligaments have been sprained, there are various test for all major ligaments.
 - **Grade I** – few torn fibers, p!
 - **Grade II** – laxity c/ endpoint, p!
 - **Grade III** – laxity c/ no endpoint, p!/no p!



Functional Activity

- If athlete passes HOPS, the ATC must determine the level of activity to permit during treatment of the injury.
- Function Activity tests determine what the athlete can/cannot do.
 - Uninjured side first, then compare.
 - Stand, walk, hop, jog, sprint, cut, twist



Sport-Specific Activity

- Have athlete perform maneuvers specific to his/her sport.
- If can do so normally, painlessly, and at full speed the athlete may RTP.

