

Name

Date

Time

Ankle Sprain

While going up for a rebound, a basketball player lands awkwardly on the foot of another player. He twists his right ankle. You saw the injury occur and suspect a sprain of the lateral ankle ligaments.

History

- 2 0 How did it happen?
- 2 0 Previous injury?
- 2 0 Hear a "pop"?

Inspection

- 2 0 Compare to uninjured side?
- 2 0 Deformity, swelling, discoloration?

Palpation

- 4 2 0 Fibula & Lateral Malleolus
- 4 2 0 Tibia & Medial Malleolus
- 4 2 0 Base of 5th Metatarsal
- 4 2 0 Deltoid Ligament
- 4 2 0 Anterior Talofibular Ligament
- 4 2 0 Calcaneofibular Ligament

Special Tests

- 4 0 Dorsiflexion & Plantarflexion
- 4 0 Inversion & Eversion
- 4 2 0 Anterior Drawer or Talar Tilt
- 4 0 Sport Specific Skills

Points

Knee Sprain

Based on your sideline observation of a lacrosse player, you suspect a ligamentous injury of the right knee.

History

- 2 0 How did it happen?
- 2 0 Previous injury?
- 2 0 Hear a "pop"?

Inspection

- 2 0 Compare to uninjured side?
- 2 0 Deformity, swelling, discoloration?

Palpation

- 4 2 0 Medial Collateral Ligament
- 4 2 0 Lateral Collateral Ligament
- 4 2 0 Patella
- 4 2 0 Popliteal Fossa

Special Tests

- 4 0 Flexion
- 4 0 Extension
- 4 2 0 Anterior Drawer or Lachman's
- 4 2 0 Valgus Stress
- 4 2 0 Varus Stress
- 4 0 Sport Specific Skills

Points

Shoulder Injury

Based on your sideline observation of a quarterback, you suspect either an acromioclavicular joint sprain or a glenohumeral joint subluxation of the right shoulder.

History

- 2 0 How did it happen?
- 2 0 Previous injury?
- 2 0 Hear a "pop"?

Inspection

- 2 0 Compare to uninjured side?
- 2 0 Deformity, swelling, discoloration?

Palpation

- 4 2 0 Clavicle
- 4 2 0 AC Joint
- 4 2 0 Head of Humerus
- 4 2 0 Spine of Scapula

Special Tests

- 4 0 Flexion
- 4 0 Extension
- 4 0 Abduction, Adduction, Internal, External Rotation
- 4 2 0 Stress Clavicle or Distract AC Joint
- 4 2 0 Apprehension Test
- 4 0 Sport Specific Skills

Points

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Brachial Plexus Injury

You suspect a football player has sustained an injury to the brachial plexus.

History

- 4 0 How did it happen?
- 4 0 Previous injury?
- 4 0 Rule out head injury?

Inspection

- 2 0 Hold head in a normal position?
- 2 0 Deformity, swelling, discoloration?

Palpation

- 1 0 Cervical Spine
- 1 0 Neck & Musculature of Shoulders

Special Tests

- 4 0 Flexion & Extension
- 4 0 Rotation
- 4 0 Lateral Flexion
- 4 2 0 C5 (lat arm, deltoid/bicep, bicep)
- 4 2 0 C6 (lat fore, bicep/wrist ext, brachior)
- 4 2 0 C7 (mid, tricep/wrt flex, finger ext, tric)
- 4 2 0 C8 (med fore, finger flex, intrinsics)
- 4 2 0 T1 (medial arm, hand intrinsics)

Points

Head Injury

Based on your sideline observation, you suspect a football player has suffered a concussion.

History

- 2 0 How did it happen?
- 2 0 Previous injury?
- 2 0 Rule out neck injury?

Inspection

- 2 0 Is athlete conscious?
- 2 0 Deformity, swelling, discoloration?

Palpation

- 4 0 Skull

Special Tests

- 4 0 Headache?
- 4 0 Nausea?
- 4 0 Is athlete confused, disoriented?
- 4 0 Test for Retrograde Amnesia
- 4 0 Test for Anterograde Amnesia
- 4 0 Test for Cognition
- 4 0 Test for Balance
- 4 0 Test for Coordination
- 4 0 Normal Emotions?

Points