Evaluation of Non-Life Threatening Injuries

- Sports Medicine I

Non-Life Threatening Injuries

- Medical evaluation must be comprehensive
- In athletic training setting, two formats of evaluation are used
  - HOPS
  - SOAP

HOPS Format

- Determine if serious injury occurred
- There are four steps
  - H (History)
  - O (Observation
  - P (Palpation)
  - S (Special Tests)

HOPS Format (History)

- Involves asking questions
- Helps ATC in assessing injury
- Helps MD in a diagnosis

- Examples
  - Mechanism of injury (How did it happen?)
  - Location of pain (Where does it hurt?)
  - Sensations experienced (Did you hear a pop or snap)
  - Previous injury (Have you injured this structure before)

HOPS Format (Observation)

- Compare uninvolved to the involved structure
- Look for
  - Bleeding
  - Deformity
  - Swelling
  - Discoloration
  - Scars
  - Other signs of trauma

HOPS Format (Palpation)

- Physical inspection of injury
- Always palpate away from injured site first
- Then palpate affected area
- Should try to pinpoint exact location of pain
- Use bilateral comparison
- Examples
  - Neurological stability (motor and sensory)
  - Circulation function (pulse and capillary refill)
  - Anatomical structures (palpate)
  - Fracture tests (palpation, compression, distraction)

HOPS Format (Special Test)

- Looking for joint instability, disability and pain
- Examples
  - Joint stability
  - Muscle/Tendon
  - Accessory anatomical structures (bursa, capsule etc.)
  - Inflammatory conditions

SOAP Format

- Another standardized procedure that provides comprehensive review of MOI
- S (Subjective)
- O (Objective)
- A (Assessment)
- P (Plan)

SOAP Format

- Subjective- (history) ask detailed questions
- Objective- involves visual, physical and functional inspections
- Assessment- reviews probable cause and mechanism of injury
- Plan-Outline of action to care of the injury

Basic Treatment Protocol

- PRICES
- Protection- Protect injury from further damage
- Rest- rest the injury (dependent on severity)
- Ice- Aid in controlling bleeding and associated swelling
- Compression- Compression wrap to control swelling
- Elevation- keep higher than the heart; helps with excessive swelling
- Support- first aid splint, sling, crutches, etc

ICE

- Ice Packs
  - Done using plastic bags filled with ice
  - Cover with a wet towel
  - Should be done for 15 min
  - Two hours between treatments
  - Six or more times a day
- Cold Water Immersion Bath
- Use bathtub or whirlpool
- Water temperature between 50 and 60 degrees
- 10 minutes
- Six or more times a day


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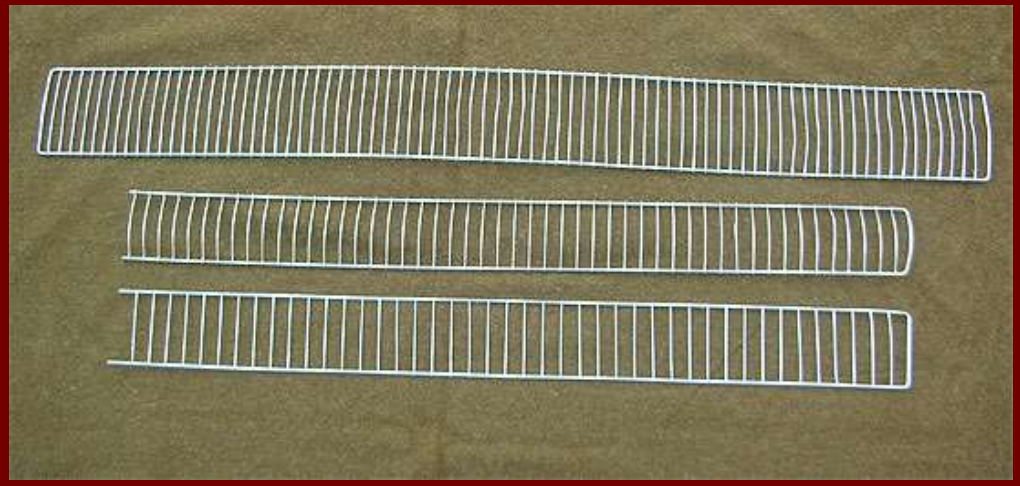
First Aid Splinting

- Splints are intended to protect the injury from further damage
  - Fixation Splints
  - Vaccum Splints
  - Pneumatic (Air) Splints
  - Traction Splints

Fixation Splints

- Most common adaptable splints utilized
- Examples
  - Board
  - Wire ladder
  - SAM
  - Pillow
  - blankets

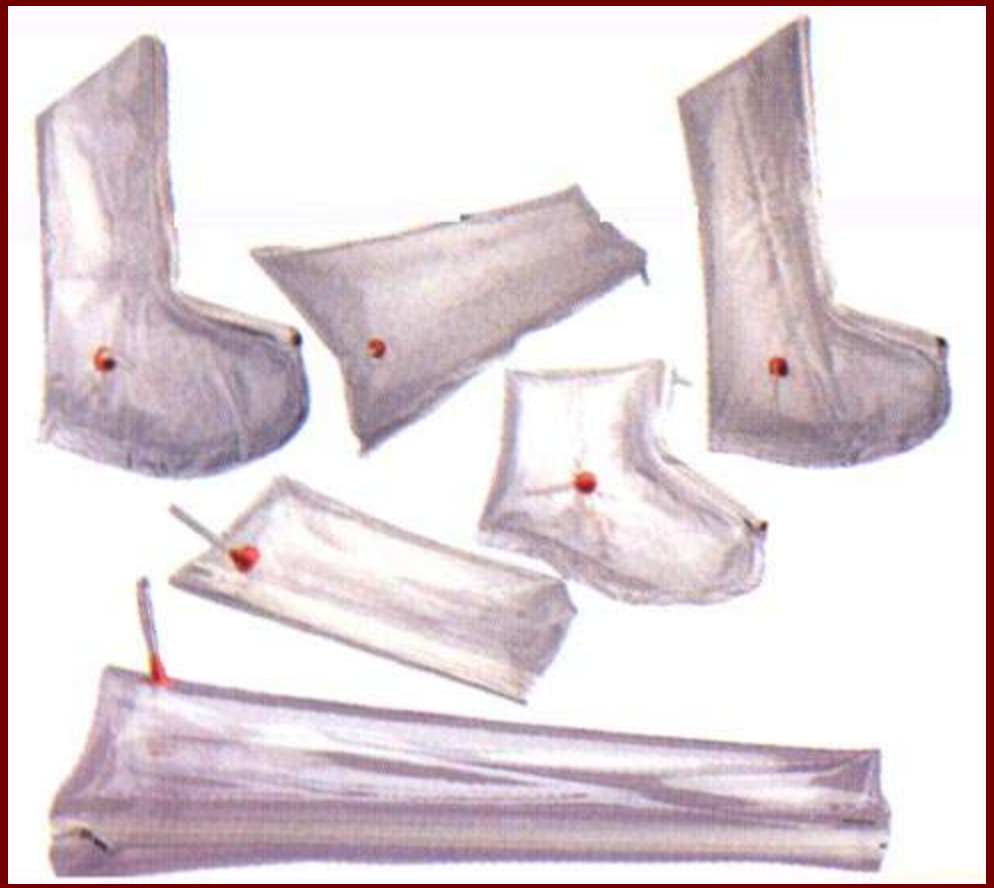


Vacuum Splints

- Appropriate for dislocations or misaligned fractures
- Adaptable to any limb angulations

Air Splints

- Non-displaced fractures
- No longer the standard of care in athletic injuries



Traction Splints

- Used for long bone fractures (femur)
- Prevent fractured bone ends from touching