

EIGHT AREAS TO EXAMINE WHEN AN ATHLETE IS INJURED

PULSE

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Normal Range: 60-80 beats per minute in children; 80-100 beats per minute in adults.

- A rapid, weak pulse SHOCK
- Absence of a pulse indicates CARDIAC ARREST

Please note that athletes may have slower pulses than the typical population because of the effects of training.

RESPIRATION

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Normal: 12-20 breaths per minute in children; 13-17 breaths per minute in adults.

- Shallow breathing indicates shock
- Irregular or gasping indicates there is an air obstruction
- Frothy blood from the mouth indicates a chest injury

TEMPERATURE

TEMPERATURE AND SKIN REACTION

Normal Temperature: 98.6°

- Temperature changes are caused by disease or trauma skin
- Infection: Hot, dry skin
- Shock: Cool, clammy skin

SKIN COLOR

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Red

Lack of Oxygen
Heat Stroke
High Blood Pressure

White

Shock
Heart Disease

Blue

Air not being carried adequately
Airway Obstruction

PUPIL SIZE

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Injuries can alter the size of pupils:

- Dilated Pupils: May indicate an unconscious athlete
- Unequal Pupils: May indicate neurological problems

However, some people naturally have unequal pupils. If so, it should be noted during a pre-season screening.

MOVEMENT ABILITY

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Inability to move a muscle part may indicate a serious Central Nervous System (CNS) injury.

PAIN REACTION

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Pain or lack of pain can assist the athletics trainer in making a judgment:

- Immovable body part with severe pain, numbness or tingling indicates a CNS injury
- Injury that is extremely painful, but not sensitive to touch may indicate a lack of circulation

LEVEL OF CONSCIOUSNESS

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Is the injured individual alert and aware? Use the AVPU scale

Alert: evaluate the level of alertness

Verbal: Is the person able to respond verbally?

Pain: What is the response to pain?

Unresponsive: The patient does not respond to eye, voice, and motor or pain stimulus