



Checklist for Clinical Examination of the Thorax and Abdomen

History

Ask questions pertaining to the following:

- ☐ Mechanism of injury (contact or noncontact)
- ☐ Location, direction, and severity of impact if blunt trauma
- ☐ Chief complaint
- ☐ Onset, duration, and change in symptoms if injury is postacute
- ☐ Activities that increase or decrease symptoms
- ☐ Location, type, and quality of pain
- ☐ Presence and location of referred pain
- ☐ Pain with coughing, sneezing, or deep inspiration
- ☐ Complaints of nausea, vomiting, or difficulty breathing
- ☐ Presence of hematuria
- ☐ Previous injury
- ☐ General medical health and history

Observation

- ☐ Response, position, and posture of athlete
- ☐ Breathing pattern (dyspnea; respirations for rate, rhythm, and depth; chest wall expansion)
- ☐ Signs of cardiac distress (neck vein distension, tracheal shift)
- ☐ Skin color and moisture (cyanosis, white and wet appearance)
- ☐ Abdomen for signs of guarding, rigidity, or distension
- ☐ Genitalia for swelling or abnormal appearance
- ☐ Blood in urine (hematuria) or sputum (hemoptysis)
- ☐ Signs of swelling, discoloration, lacerations, deformity, or asymmetry (superficial screen)
- ☐ Vital signs
 - ☐ Respiration for rate, rhythm, and depth
 - ☐ Blood pressure
 - ☐ Pulse
- ☐ Signs of internal hemorrhage or shock

Palpation

Bilaterally palpate for pain, tenderness, and deformity over the following:

- ☐ Chest wall
 - ☐ Bony landmarks: clavicle, sternum, xiphoid process, costochondral cartilage, thoracic vertebrae, scapula, and ribs (anterior, lateral, and posterior)
 - ☐ Soft tissue: pectoralis major and minor, intercostals, serratus anterior, erector spinae, scapular muscles
- ☐ Abdomen and genitalia
 - ☐ Soft tissue tenderness or muscle guarding
 - ☐ Rigidity and distension
 - ☐ Rebound tenderness
 - ☐ Deep organ palpation (spleen, kidney, liver)
 - ☐ Testicles for swelling, tenderness, masses, abnormalities

Special Tests

- ☐ Rib compression tests
- ☐ Urine dipstick test

Range of Motion

- ☐ Perform active ROM for trunk motions.
- ☐ Perform active ROM for shoulder and scapular motions for muscles of the chest wall.
- ☐ Compare bilaterally.

Strength Tests

- ☐ Perform resistance on the same motions performed for active ROM.
- ☐ Note weakness or difference bilaterally.

Neurovascular Tests

- ☐ Sensory for thoracic dermatomes
- ☐ Visceral referral patterns
- ☐ Vital signs
- ☐ Auscultation of Heart, Lung, and Breath Sounds

Functional Tests

- ☐ Cardiorespiratory
- ☐ Musculoskeletal

Follow-Up Examination

- ☐ Instruct athlete about signs and symptoms to watch for.
- ☐ Perform periodic reexamination for emerging signs and symptoms of internal injury.