



Checklist for On-Site Examination of the Elbow and Forearm

Primary Survey

- ☐ Consciousness
- ☐ Airway, breathing, and circulation
- ☐ Severe bleeding
- ☐ Check for unusual positioning of the limb.
- ☐ Examine for shock.

Secondary Survey

History

- ☐ Chief complaint
- ☐ Mechanism of injury
- ☐ Location and severity of pain
- ☐ Information from bystanders

Observation

- ☐ Note deformity, swelling, discoloration, pallor.

Palpation

- ☐ Bony tenderness, crepitus, and deformity along the medial supracondylar ridge, medial epicondyle, olecranon process and proximal ulna, lateral supracondylar ridge, lateral epicondyle, radial head, and proximal radius

Neurovascular Examination

- ☐ Sensory (C5, C6, C8, T1; ulnar, median, radial, musculocutaneous)
- ☐ Motor (C6, C7, C8, T1; ulnar, median, radial)
- ☐ Distal pulse (radial pulse; capillary refill)

Gentle, active range of motion

- ☐ Elbow flexion, extension
- ☐ Pronation, supination

If all tests are negative, remove athlete from field for continued examination off-site.