



Summary Observation Checklist

Global Observation On-Site

- ☐ Is the athlete moving?
- ☐ Does the injury appear to be life threatening?
- ☐ Is the athlete protecting the injury?
- ☐ Is the athlete in need of urgent care?
- ☐ Are there gross deformities or is there severe bleeding?
- ☐ How is the athlete responding to the injury?
 - ☐ What are the athlete's facial expressions?
 - ☐ Is the athlete visibly upset?
 - ☐ Is the athlete in too much pain to speak to you?
 - ☐ Is the athlete's response appropriate for the injury?
- ☐ What is the best means of transporting the athlete off the field?

Global Observation in the Athletic Training Facility

- ☐ How is the athlete standing?
- ☐ How is the athlete walking?
 - ☐ Does the athlete use crutches?
 - ☐ Does the athlete use a splint or sling?
 - ☐ Is there an abnormal gait?
 - ☐ Are there any other gross gait pathologies?
- ☐ How does the athlete move the injured segment?
- ☐ Are deformities apparent?
- ☐ What are the athlete's facial expressions?
- ☐ Does the athlete appear to be in discomfort?

Specific Observation of Noninjury Segments

- ☐ What is the athlete's body type?
- ☐ What is the athlete's posture?
 - Anterior view
 - Lateral view
 - Posterior view

- ☐ Does the athlete have gait deviations?
 - ☐ Stride length
 - ☐ Gait rhythm
 - ☐ At heel strike
 - ☐ At foot flat
 - ☐ At midstance
 - ☐ At heel-off
 - ☐ At toe-off
 - ☐ During early, mid, and late swing
 - ☐ Each joint and segment from an anterior view
 - ☐ Each joint and segment from a lateral view
 - ☐ Each joint and segment from a posterior view

Specific Observation of Injury Segment

- ☐ Gross deformity
- ☐ Bleeding
- ☐ Edema
 - ☐ Localized
 - ☐ Diffuse
- ☐ Ecchymosis
 - ☐ Proximal to the injury
 - ☐ Distal to the injury
- ☐ Skin redness
- ☐ Signs of infection
 - ☐ Pus
 - ☐ Swelling
 - ☐ Enlarged lymph nodes
 - ☐ Red streaks
- ☐ Lacerations
- ☐ Blisters or calluses
- ☐ Rash
- ☐ Muscle spasm
- ☐ Preexisting deformities