



General Questions for Acute Injuries

What happened and how did it happen?

What position were you in when the injury occurred? (How they landed, whether the foot was rotated in or out)

Did you hear or feel any unusual sounds or sensations at the time of injury? (Snap or pop)

Do you feel any unusual sensations now? (Numbness, tingling, burning)

Where is the pain? (Have them point to the location of pain to find the area that is most painful)

Can you describe the pain?

- Quality of pain (Sharp, dull, achy)
- Intensity (Have the athlete rate the pain on a scale of 0-10)
- Localized or diffuse
- Referral of pain to other segments
- Changes in pain from when it started (Intensified or lessened)

When does it hurt? (All the time, only when moved, only when touched or stressed)

What is the previous history of the body region? (Nature, severity, duration of symptoms; treatment received)

What is the previous history for the opposite side?

Are there any other medical conditions to be aware of?