



Checklist for On-Site Examination of the Knee and Thigh

Primary Survey

- ☐ Consciousness
- ☐ Airway, breathing, and circulation
- ☐ Severe bleeding
- ☐ Position of the limb and athlete's response to injury
- ☐ Obvious deformity indicating severe fracture or dislocation
- ☐ If deformity, immediately check neurovascular status.
- ☐ Signs and symptoms of shock

If any of the signs listed are positive, treat as a medical emergency. If all of the signs are negative, proceed with your on-site examination.

Secondary Survey

History

- ☐ Unusual sounds or sensations
- ☐ Type and location of pain or symptoms

Observation

- ☐ Immediate swelling, deformity, discoloration
- ☐ Note willingness to move the limb or position holding the limb.

Palpation

- ☐ Bony tenderness, abnormal contours, or subtle deformities
- ☐ Soft tissue tenderness, defects or bulges, muscle spasm or guarding

Special Tests

- ☐ Perform ligament stress test if sprain suspected.
- ☐ Perform active ROM if strain suspected.
- ☐ Compare bilaterally.

If all tests are negative, remove athlete from field with assistance as needed for a more thorough examination off-site.