

# 8 AREAS TO EXAMINE WHEN A PLAYER IS INJURED



- PULSE
- RESPIRATION
- TEMPERATURE AND SKIN
- SKIN COLOR
- PUPIL SIZE
- MOVEMENT ABILITY
- PAIN REACTION
- LEVEL OF CONSCIOUSNESS

## ★ Pulse

Normal Range: 60-80 beats per minute in children;  
80-100 beats per minute in adults

- A rapid, weak pulse indicates SHOCK
- Absence of a pulse indicates CARDIAC ARREST

*Please note that athletes may have slower pulses than the typical population because of the effects of training.*

## ★ Respiration

Normal: 12-20 breaths per minute in children;  
13-17 breaths per minute in adults

- Shallow breathing indicates shock
- Irregular or gasping indicates there is an air obstruction
- Frothy blood from the mouth indicates a chest injury

## ★ Temperature and Skin Reaction

Normal Temperature: 98.6 F

- Temperature changes are caused by disease or trauma

Skin

- Infection: Hot, dry skin
- Shock: Cool, clammy skin

## ★ Skin Color

|                     |               |                                  |
|---------------------|---------------|----------------------------------|
| Red                 | White         | Blue                             |
| Lack of Oxygen      | Shock         | Air not being carried adequately |
| Heat Stroke         | Heart Disease | Airway Obstruction               |
| High Blood Pressure |               |                                  |

## ★ Pupil Size

Injuries can alter the size of pupils:

- Dilated Pupils: May indicate an unconscious athlete
- Unequal Pupils: May indicate neurological problems

*However, some people naturally have unequal pupils. If so, it should be noted during a pre-season screening.*

## ★ Movement Ability

Inability to move a muscle part may indicate a serious Central Nervous System (CNS) injury.

## ★ Pain Reaction

Pain or lack of pain can assist the athletic trainer in making a judgment:

- Immovable body part with severe pain, numbness or tingling indicates a CNS injury
- Injury that is extremely painful, but not sensitive to touch may indicate a lack of circulation

## ★ Level of Consciousness

Is the injured individual alert and aware? Use the AVPU scale:

**A**lert: Evaluate the level of alertness

**V**erbal: Is the person able to respond verbally?

**P**ain: What is the response to pain?

**U**nresponsive: The patient does not respond to eye, voice, motor or pain stimulus



Developed by Karen M. Lew, MEd., ATC, LAT  
for the National Alliance for Youth Sports