

On Field Management of Knee Injuries

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Guidelines Between Health Care Providers

- Sports Medicine Staff
 - Team Physician
 - Team Orthopedic and Fellows
 - Head Trainer, Assistant Trainers, GAs, Students, Interns
 - Unique Roles:
 - Team Dentist- 40+ years
 - Chiropractor
 - EMS



Sideline Essentials



- Sideline Equipment
 - Kits, Padding/Bracing, AED/Oxygen, Crutches, Splint Bags
 - Mobile Carts
 - MAG/Chariot/EMS
 - Assessment Table

Player Relationships

- Know your Players
 - Pre Game
 - Acute or chronic injuries prior to game
 - During the Game
 - Know their demeanors, posture, mood
 - Post Game
 - Severity of injury
 - Treatment, referral, next day follow-up

How to Watch for Injuries

- Take into consideration
 - The weather: cold, hot, rain, or snow
 - Day/Night: players moods
 - Televised vs. Non-televised game
- Home Game vs. Away Game
 - Personnel
 - Equipment
 - Accessibilities

Mechanisms of Injury

- How was the body positioned?
 - Before and after a hit
- Was he fixed or moving?
 - Linemen engaged when blocking then rolled onto
 - Skilled players planting then cutting
- Predict the injury from watching the mechanism
 - Film can be used to get a clear idea of what happened



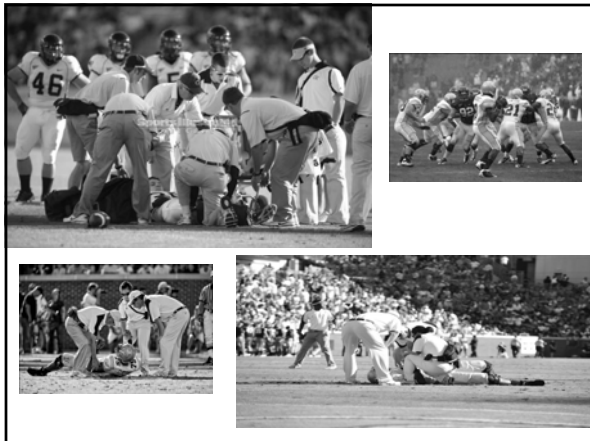
On-Field Evaluation

- Who Runs Out?
- Communication
 - High/Low Method
 - Calm down the athlete
 - Rule Out Most Severe First
 - Fractures, Dislocations, Neurovascular, Vitals, Head/Neck/Spine



Getting the Player Off the Field

- Walk? Carry? Cart?
 - Our primary method is to encourage player to get themselves off the field with some assistance
 - Gives us a quick idea on the severity of the injury
- Timeout? TV Time out?
 - Allotment of time to assess
 - Possibly get him back on the field



Sideline Evaluation

- Away from the Field
 - Avoid potential contact from other players
 - Keeping away from the action of the game
- Blocking the Fans
 - Dependent on Injury
- Blocking the Media
 - How often does the media get it WRONG!

Physical Exam

- Team Orthopedic, Staff ATC, and GA
 - Work together quickly and efficiently
 - COMMUNICATION
- Team Orthopedic
 - Lachman's Test, Varus/Valgus, Anterior Drawer
 - McMurray's
- Listening to the Athlete
 - Trust

Locker Room

- Who goes?
- Away from the Action
 - More detailed assessment
 - Better communication
 - Parents
- Re-brace/tape?
- X-rays?
- IM Toradol



Immediate Communication

- Communicate the injury to Sports Medicine Staff
 - Everyone is aware of who is injured and missing
- Let the position coach know
 - What's the injury?
 - Can he return?
- Directly tell the Head Coach

Can you Go???

- What is the injury?
 - Fracture, Dislocation, or Sprain
- Lower or Upper Body?
 - Dominate Side?
- Grade of the Injury
 - Brace or Tape and go??
 - Try it out!

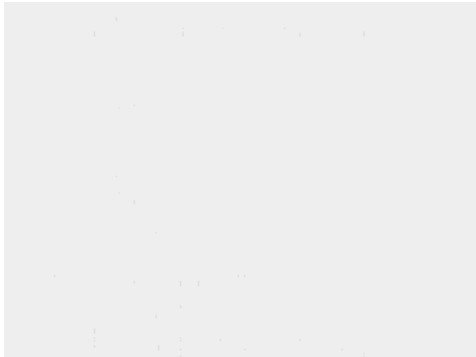


What Rules You OUT!

- ACL
 - Accurate Exam
 - Side Line Functional Testing is very Important
- PCL
- MCL
 - What grade? 1 and 2 possible; 3 Definitely Not
 - Position of player?
 - Worry about stiffness
- LCL
 - Rare isolated injury, usually part of a very severe injury!



Video



What Happens Then?

- Get the player showered and changed back to warm-ups
- Crutches
- Brace
- Compression
- Meds
- Follow-up in the morning



THANK YOU!