INJURY EVALUATION FOR FOOT, ANKLE, LOWER LEG, PART 1
Bellwork

- Think-Pair-Share your responses to the following questions:

1. What do you remember about SOAP?
2. What do you remember about HOPS?
3. Why is it important to gather accurate data from an injured person?
OBJECTIVES:

1. Define and recall key evaluation terminology.
2. Demonstrate active listening skills.
3. Use effective questioning techniques to gather pertinent information.
4. Justify appropriate evaluation techniques using organizational tools.
5. Accurately record data to evaluate injury.
HOPS Injury Evaluation

**History**—a series of questions asked to determine nature and location of injury

**Observation**—A visual examination of the injury

**Palpation**—A hands-on approach where examiner feels for deformity or other abnormal findings

**Stress tests**—A series of tests to check range of motion and degree of function of tissues at a joint
SOAP NOTES

- **Subjective**—detailed information about the history of injury and athlete; chief complaints, sign, and symptoms
- **Objective**—information that is record of test measurements; data gained from inspection
- **Assessment**---Identification of problem; determine injury; severity of injury
- **Plan of Action**--Treatment
ACTIVE LISTENING SKILLS
1. Face the speaker—lean slightly forward
2. Maintain eye contact
3. Minimize external/internal distractions
4. Respond appropriately
5. Focus solely on what the speaker is saying
6. Keep an open mind
7. Avoid giving advice until you have completely evaluated injury
8. Don’t interrupt
9. Stay engaged in the interview
Subjective
Was there a previous injury?
How did it happen?
When did it happen?
What did you feel?
How do you feel?
What is the type of pain?
Where does it hurt?
Did it make a sound?
* Ask for a witness if the person is incapable of answering

Objective
Look for the following:
Swelling
Deformity-protrusions
Eccymosis-Discoloration
Symmetry
Gait-Walk
Scars
Facial expressions
Bleeding
Depressions
ROM
A baseball player steals second base and when sliding into the bag, catches his cleat and rolls his ankle. He is in a lot of pain and you can already see some swelling.

- **Other information:**
  - He sprained this ankle 3 years ago
  - This time his ankle hurts much worse and higher up on the bone
  - He heard a pop
  - He doesn’t want to move or walk on it
TIP!

THE ATHLETE’S WELL-BEING WILL DEPEND ON THE ACCURACY AND THOROUGHNESS OF YOUR SOAP! ASK PROBING QUESTIONS AND RECORD ACCURATELY!

Review your notes with the athlete after you have completed your evaluation!
SOAP Note Writing Practice: Using the information on Sample Scenario, write a SOAP note.

Name of Athlete:
Date of Examination:
Date of Injury:
Place of Injury:
S:
O:
A:
P:
(Leave 6-7 lines between each letter on your paper to allow for notetaking)
INJURY SCENARIO 2

An 800m track runner is complaining of pain on the bottom of his left foot. He has no previous foot injuries and is in good condition.

- He has increased his training distance
- He runs in track spikes
- His foot hurts the most in the morning
- It hurts to touch the bottom of his foot
- There is no obvious swelling or ecchymosis of his foot
On Your Own!

Directions:

✓ With your partner, break down Injury Scenario 3 (handout).
✓ Each partner complete an individual SOAP note for the scenario.
✓ Check your SOAP note for accuracy and readability.
✓ Turn your SOAP note in for assessment and feedback from your teacher.
Numbered Heads Together

Create a summary of the section that matches your group number:

1—Subjective
2—Objective
3—Action
4—Plan
Exit Ticket

Section S O A P
Circle one

SUMMARY: