INJURY EVALUATION

While at the outdoor track watching Track practice one of the athletes while long jumping landed falling backwards and tried to catch herself with her hands. Upon landing she yelled in pain and I rushed over to see what was wrong. Upon arriving at the long jump pit I discovered she could not move her R elbow, she was in extreme pain and there was a noticeable deformity in the athlete’s elbow.

S: Pt c/o p! over R elbow. Pt describes p! as an 8/10. Pt felt a pop in her R elbow and that it occurred “when I tried to catch myself.” Pt says she can’t move it. She also stated that she “can’t put any weight on it.” Pt described p! as very sharp and constant. Pt said she felt some numbness and tingling down the ulnar side of her R forearm. Pt said she felt p! “over my entire elbow” and that she could not pinpoint any one spot of p! Pt has no previous history of related injuries and is currently taking no medications. Pt has no other major complaints.

O: Pt was conscious, alert, and in clear p! as I approached her. An obvious deformity was observed on the posterior side of her R elbow and swelling began to occur. No bruising or scars were present. Pt felt p! during light palpation over boney structures. No ROM movements were performed due to presentation of p! and symptoms. Pt pulse was the same compared bilaterally. Pt still had some feeling in her R forearm and R hand compared bilarterally. Pt had R elbow splinted and circulatory and neurological symptoms were checked again. These symptoms had no change compared to prior to splint.

A: Differential Dx: R Elbow dislocation. R UCL sprain. R LCL sprain. R Radial fx. R ulnar fx.

Working Dx: R elbow dislocation.

Assessment: Pt has sustained possible dislocation to R elbow.

P: Pt was put in vacuum splint and 911 was called. Pt was transported to hospital for X-ray to confirm diagnosis. Will follow up with MD and discuss rehabilitation plan. Pt is advised not to take NSAIDS until 72 hours following injury. Will follow up w Pt tomorrow.

Nathan Millikan, ATS 5/17/14