

ATHLETE INJURY CHECKLIST

LOOK

Situational

- Poor Compliance with Rehab (exercise, medication, activity restrictions)
- Rehab Setbacks
- Poor Quality Rehab Environment
- Lack of Social Support (athlete away from family; isolated from team)
- Reinjury following Return to Play
- Does Not Perform to Ability at Return to Play

Personal

- Loss (sadness; apathy; withdraws from team; guilt about letting team down)
- Threat (nervous or uptight; shows outright fear; hesitant in key situations)
- Overconfidence (minimizes injury; exaggerates past or future achievements)
- Pain (frequent or excessive complaints; signs of physical discomfort)
- Pressure to Return to Play
- Trust in Treatment & Treatment Providers

LISTEN

- Life Problems? (sport, school, family, friends,)
- Physical Problems? (headache, poor sleep, stomach distress, health concerns)
- Goals for Performance? (unable to identify realistic goals)
- Confidence Crisis (worry about recovery; teammates/coaches reaction)



ATHLETE INJURY CHECKLIST GUIDE

Checklist for Coaches & Sports Medicine Professionals

- 1- Raise awareness about athlete response to injury**
- 2- Guide systematic review**
- 3- Assess if further action is needed**

This is an unscored instrument designed to be practical, intuitive, and minimally intrusive -- with a step-wise approach: LOOK, LOOK, LISTEN

- LOOK -- at the “Situation” – Circumstances that can be discovered through careful observation of day-to-day behavior**
- LOOK -- at the “Personal” – Psychological factors that are unseen, but may be revealed with careful consideration of what the athlete says and does**
- LISTEN – to how the athlete responds to open-ended questions that follow from what is seen by looking at the “Situational” and the “Personal”**

**Can be used by multiple Coaching & Sports Medicine Staff:
“More eyes, More seen”**

**Can be used as Cross-Check with Athlete Self-Report Measures:
“More Info, More Complete Picture”**

**Put the Pieces together to create a Picture of the athlete and determine if
further action is needed**

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