

SALTAPS Injury Assessment

S	See	See the injury occur; mechanism? Recall upon approach. What is the casualty doing now?	Learn to use SALTAPS on our Sports First Aid Courses . We run private courses for universities, clubs and organisations and a public course programme in London for individuals to attend.			
A	Ask	Ask for consent. Ask what happened. Get a detailed history – did anyone see what happened? Evaluate for pain, (facial expression, posture), orientation. Is the casualty talking sensibly?	→	Maddock's questions: <ul style="list-style-type: none"> Which period of the game are we in? Who are our opponents today? What is the score? Where did we play last week? If there is any doubt then medical assistance is required.	→	Cease to play decision
L	Look	Look at the appearance of the injury site. Is there any bleeding, discolouration, bruising, immediate swelling, bone/joint deformity, muscle spasm?	→	Keep still and supported: For a visible, severe injury, keep the injured area as still and supported as possible and seek medical attention.	→	
T	Touch	Touch the injury site if the casualty will allow it. Palpate gently to find the site of any pain, note any response.	→			
A	Active Movement	Can the player move the injured limb painlessly through a full range of movement?	→	Leave activity area: Consider assisted removal from the activity area. After short rest period, reassess by SALTAPS. Application of ice indicates a cease to play decision.	→	
P	Passive Movement	If active movement is ok, can the joint be moved to the end of its range with no pain? If it is painful it may be a joint injury.	→			
S	Strength Test	Move against resistance. Stand unaided – look for any guarding. Try a progressive function test.	→	Progressive function test: <ul style="list-style-type: none"> Weight bearing, gentle movement. Full speed. Full range of activity specific movement. Is the participant confident to continue? Any doubt, then reassess or cease to play.	→	

- If the SALTAPS injury assessment and progressive function test is fully completed with no doubts, then it is a reasonable decision to return to activity.
- If any doubt is raised then cease to play.