

S.A.L.T.A.P.S

Progressive Function Test

Don't be rushed

Pay attention to the Casualty's Face...

Wincing ?

showing pain or discomfort ?

Injured limb ...is the Casualty guarding or disguising an injury

Sports people are competitive they will try and hide an injury

What do you see	What do you do
S - Stop/See	<ul style="list-style-type: none"> See the injury occur. Assess the situation, stop play to gain access to the player.
A - Ask	<ul style="list-style-type: none"> Ask for consent. What happened? Get a detailed history. Did anyone see what happened? Evaluate for pain, (facial expression, posture), orientation. Are they talking sensibly?
L - Look	<ul style="list-style-type: none"> Look at the limb, appearance of injury site. Bleeding, discolouration, bruising, immediate swelling, bone/joint deformity, muscle spasm.
T - Touch	<ul style="list-style-type: none"> Touch injury site if the casualty will allow. Press gently to find the site of pain, note any response.
A - Active Movement	<ul style="list-style-type: none"> Can the player move the limb painlessly through a full range of movement?
P - Passive Movement	<ul style="list-style-type: none"> If active movement is ok, ask the player to relax their limb. The first aider can gently move the joint through its range of movement. Pain or tenderness at this point may mean there is a ligament or tendon injury. The casualty should seek medical advice.
S - Strength Test	<ul style="list-style-type: none"> Move against resistance. Stand unaided – look for guarding. Progressive function test.