



sportable

On Field Injury Evaluation: The TOTAPS Method

01

T: Talk

Talk to the athlete to assess the injury. Ask questions including:

1. Where does it hurt?
2. How painful it is on a scale of 1 to 10?
3. Is the pain sharp or dull?

02

O: Observe

Observe the injured area, comparing to a non-injured area. Look for swelling, redness, or open wounds.

03

T: Touch

With permission from the athlete, feel for any tenderness or heat over the injury site.

04

A: Active Movement

If possible, ask the athlete to perform a range of movements to determine if it causes pain.

05

P: Passive Movement

The coach or staff will move the injured part or joint through the entire range of motion, including pushing or pulling. Stop if any movement brings on pain.

06

S: Skills Test

Have the athlete perform basic skills related to the sport or program to determine if the movements will exacerbate pain. Include sport equipment if applicable.