

ABDOMINAL/CHEST INJURY

Your son/daughter has suffered an injury to the trunk of their body. Although most severe injuries can be recognized at the time of the injury, the signs and symptoms of an internal injury may not develop until later. The following are some care instructions for your child:

1. Monitor your child for 24 hours
2. Call your family physician or take your son/ daughter to the hospital if any of the following occur:

Abdominal/Kidney Injuries

- Pain or increasing discomfort in the abdomen
- Rigidity and spasm of the abdominal muscles
- Blood in the urine, stool or vomit
- Nausea and/or vomiting
- Painful or inability to urinate
- Pain in either shoulder that has no apparent cause
- Loss of appetite

Chest Injuries

- Difficulty breathing
- Shortness of breath
- Increasing pain in the chest
- Coughing up blood
- Pain in the sternum (breastbone), base of neck, left jaw and/or left shoulder that had no apparent cause

3. Do not give medications or allow the consumption of alcoholic beverages
4. Avoid eating until symptoms subside. If he/she eats keep it light or liquids
5. Avoid strenuous activity for 24 hours. Do not participate in any form of physical activity until symptoms are gone
6. If you have any doubt, call your physician or take your son/daughter to the emergency room

If you have any other questions or concerns please contact your certified athletic trainer, Tracey Collett at 426-3140

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