

# Physical Therapy @ ACAC Athletic Training Department

## Chest and Abdominal Injury Follow-up Form

Attention: Parent or Guardian:

If one or more of the following symptoms occur within 24 hours after the initial injury, you should immediately contact your physician or go to the emergency room.

At the time of evaluation today, your child presented with the following signs and symptoms:

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**If your child experiences any of the following symptoms, please seek medical care immediately:**

### **Chest Injuries**

- Difficulty breathing
- Shortness of breath – inability to catch breath
- Increasing pain in chest
- Vomiting/coughing blood
- Rapid heartbeat unrelated to exertion
- Irregular heartbeat
- Distended neck veins
- Bluish coloring or fingernails/lips
- Fainting or feeling as if you are going to “pass out”
- Pain radiating into the shoulder and/or arm
- White/weak appearance
- Rapid/shallow breathing
- Rapid/weak pulse

### **Abdominal Injuries**

- Pain or discomfort increasing in abdomen
- Rigidity/spasm in abdominal muscles
- Blood in urine or stool
- Vomiting
- Increased nausea
- Painful urination
- Pain radiating into shoulders, back or groin
- White/weak appearance
- Rapid/shallow breathing
- Rapid/weak pulse

**Do not take any medications including pain relievers, aspirin, or decongestants unless directed by a physician.**

**Athletic Trainer** \_\_\_\_\_ **Date** \_\_\_\_\_

\*\*Please call if you have any additional questions/concerns:

**Jake Kepple ATC (434) 249-1184 or [jacobk@acacpt.com](mailto:jacobk@acacpt.com)**

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