



PETER MORTON ACADEMY OF JUDO JUJITSU KARATE

モートン流自修館柔術

Injury Record

Branch

Injured person details

Name Age Male Female

Relevant medical history *Past or present injuries/conditions*

Incident

Nature of injury Date of injury Time of injury

What technique was being attempted that led to the injury?

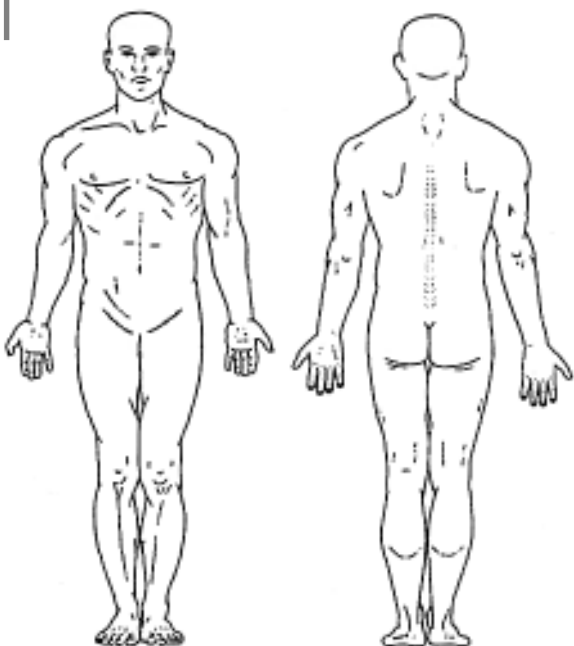
Was the injured person doing or receiving the technique?

How did the injury happen? *Strike, kick, fall, joint-lock, other*

Could the injury have been prevented? *Yes No If yes, how?*

Management

Show location of injury on diagram



Instructions given to injured person

Treatment applied for injury *RICE, immobilisation*

Training continued by injured person? *Yes No*

Referred to

Hospital Doctor Physio Other

Transported from venue

Ambulance Private vehicle Self drive Other

Did injured person seek professional treatment?

Any further treatment at a later time?

Injury Record - Part 2

Assessment of injured person

1. **Response** *Yes No* 2. **Airway clear** *Yes No* 3. **Breathing** *Yes No* 4. **Circulation** *Yes No*

5. **Talk** *What happened, how, where hurt, hurt elsewhere, previous injury*

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6. **Observe** *Expose and compare sides, swelling, deformity, etc. Observe injured person's demeanour*

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7. **Touch** *Compare sides, start away then move toward injury, hard or soft tissue, or unsure, observe reaction to touch*

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8. **Active movement** *Injured person to move uninjured limb first, then injured limb to point of pain, compare*

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9. **Passive movement** *Trainer to move uninjured limb first, then injured limb to point of pain, compare*

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10. **Skills** *Test only if passive movement is normal. What skills tested?*

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Assessment of injury *Hard tissue, soft tissue, dislocation, joint, skin injury, other*

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Person filling out report details *Trainer, CI, first aid officer, qualified person, by-stander*

Name Date of report

Signature Phone (H)

Qualifications Phone (W)

Additional comments

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