Potential injuries:

ACUTE

Contusion

Fracture: tarsals, lateral/medial malleolus, tibia, fibula, metatarsal

dislocation

sprain: ATF, PTF, CF, Deltoid, Syndesmosis

achilles rupture

strains: Tib anterior, achilles, peroneals

compartment syndrome

turf toe

Chronic

Tendonitis: tib ant, tib post, peroneal, achilles

Stress fracture: 2nd metatarsal, tibia, distal fib

Shin splints

Plantar Fasciitis

Evaluation grading:

20 pts: history: ask 3-4 relevant history questions

5 pts: observation: things you would look for based on scenario

30 pts: palpation: 5 pts start with bones

5 pts start distally

10 pts what to palpate for

10 points palpate relevant bones

10 points: multiple differential diagnoses based off HOP

30 points: special tests: properly identify the special tests to perform

Perform them properly (know what a positive is)

5 points: Correctly choose injury and identify treatment plan