Chapter 11 Scenarios

You are an athletic trainer working for a sports medicine clinic and you are providing medical coverage for a local bicycle race (Criterium). During the race there is a crash and one of the riders appears to be injured as she is sitting up but has her right hand covering her left clavicular region and is obviously in considerable pain. You evaluate the injury and note severe deformity of the clavicle along with swelling and discoloration and the rider reports she felt a snap when she crashed. What would you conclude and what is the appropriate first aid for this injury?

One of the pitchers on your high school baseball team has been complaining of post-game and practice shoulder pain for the past several days. Specifically his pain appears to be located over the scapular region and it is aggravated when you ask him to bring his arm back, as in the cocking phase of the overhand throw. On palpation you note that he is point tender deep in, or perhaps under, the deltoid muscle. What would you conclude based on this information? What would you recommend to this athlete?