

SPRING-FORD SENIOR HIGH SCHOOL

ATHLETIC DEPARTMENT

Daniel Holman MEd, ATC, Athletic Trainer
Kate Daniels MS, MEd, ATC, Athletic Trainer
Riane Casper, ATC, Athletic Trainer
350 South Lewis Road
Royersford, PA 19468

Training Room: 610-705-6001ex2575
Fax: 610-705-6257

Internal Injury Fact Sheet

This is a medical follow-up sheet for your health and safety. Signs of a chest or abdominal injury may not appear immediately following trauma, but **CAN** develop hours after the injury. The purpose of this fact sheet is to alert you to the signs and symptoms associated with significant internal injuries.

If you experience one or more of the following symptoms after sustaining an internal injury, further medical help should be sought **IMMEDIATELY**.

Chest Injuries

- Difficulty breathing
- Shortness of breath/inability to catch breath
- Pain increasing in chest
- Vomiting or coughing up blood

Abdominal Injuries

- Pain or discomfort increasing in abdomen
- Rigidity or spasm (hardness) in abdominal muscles
- Inability to urinate
- Painful urination
- Blood in urine and/or stool
- Increasing nausea
- Vomiting or vomiting blood

The appearance of any of the above symptoms may indicate that you have sustained a significant internal injury that **REQUIRES IMMEDIATE MEDICAL ATTENTION**.