CONNECTICUT DISC AND LASER THERAPY CENTERS

Youth Soccer Knee Injury Checklist

Record what happened and bring these notes to the evaluation.

Date, time and which knee was affected

What happened just before the injury? Note a turn, landing or contact.

What did the player feel first, and where?

What did the coach or athletic trainer see?

What changed afterward? Note swelling or difficulty walking.

Who will clear the player to return, and what should the coach know?

Bring this page to your appointment.

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