

# SPRING-FORD SENIOR HIGH SCHOOL

## ATHLETIC DEPARTMENT



### 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.

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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**.