

Assessment of Upper And Lower Limb Pain in Athletes: - A Prototype Framework developed from International Sports Physiotherapist Consensus Recommendations

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Background Methods Results

Athlete pain is often underreported.¹

Pain has a significant impact on athlete performance and quality of life.²

IASP definitions & IOC guidelines encourage a multidimensional approach to assess and manage athlete pain.^{3,4}

Our Aim: To develop a practical athlete upper and lower limb pain assessment framework



Part 1: How & When to Apply Framework

- All athlete upper and lower limb pain episodes
- Alongside current clinical assessment. Not a replacement
- Consider Sports related pain (SPR) in the presence and absence of injury
- Establish i) underlying tissue injury/pathology; ii) presence of SRP and contextual factors
- Framework helps identify contributions across the 5 IOC athlete pain domains; Neurophysiological, Biomechanical, Affective/Psychological, Cognitive & Socioenvironmental
- Select pain assessment tools using clinical reasoning, different for each athlete/pain episode.
- Aim to include at least 1 pain assessment item from each domain. In the past lack of use of affective, cognitive and socioenvironmental tools.

Part 2: Aspects of Assessment to consider

- Timing & selection of pain assessment items/tools
- Communication & education around pain and assessment
- Relationship; Trust & rapport with athlete
- Carefully consider technology

Part 3: Selection of Assessment Items

Domain	Category	Number & Frequency of items
Neurophysiological	Pain Characteristics	7 Always
	Pain History	3 Always
	Impact of Pain	3 Always
	Pain Severity Scales	1 Often
	Neurological Aspects	1 Always 2 Often
Biomechanical	Physical/Manual Pain Assessment	2 Always 1 Often
	Movement related tools and tests	2 Always 5 Often
Affective	Wider Biological tools and questions	4 Always 4 Often
	Affective/Psychological pain assessment measures	7 Often 1 Sometimes
Cognitive	Understanding of pain and cognitions	3 Often
	Socioenvironmental	Sports Environment
Socioenvironmental	Support Network	4 Often
	Lifestyle Factors	2 Often 2 Sometimes
	Socioeconomic & Sociocultural factors	1 Often 1 Sometimes
Assessment Aspects	Aspects and considerations for athlete pain assessment	6 Always 2 Often

Scan QR Code Below For Pain Assessment Framework PDF

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References

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