



Soft tissue injuries

Sprain: Overstretched ligaments

Strain: Overstretched tendons

Symptoms: Immediate pain and swelling

Treatment: RICE

Fractures

Open – Bone breaks through the skin.

Closed – Bone breaks but not through the skin

Symptoms – Pain, swelling, bruising, deformity

Treatment – Surgery, Immobilisation

Concussion

Temporary injury to the brain. Can last a few days or weeks.

Symptoms – Headaches, dizziness, sick, confusion, memory loss

Treatment – Rest and pain relief

Abrasions

These are grazes and cuts. Where the skin is scraped away or torn.

Symptoms – Bleeding, discomfort, peeling of skin.

Treatment - Rinse and clean, cover, possible stitches

Contusions

A bruise is caused when blood vessels are damaged or broken.

Symptoms - Pain, swelling, lump, change in skin colour

Treatment - Pain relief

Cramp

Common condition where the muscles become tight and painful.

Symptoms – Discomfort and pain

Treatment - Exercise and Stretching

RICE

Rest – Prevent further injury

Ice – Reduce swelling (15/20 min every 2/3 hours)

Compression – act as support and prevent swelling

Elevation – reduce blood flow to area to reduce swelling

SALTAPS – On field assessment

See – Observe injury

Ask – ask questions about injury

Look – signs and indicators of injury

Touch – gently to painful areas

Active movement – athlete to move limb

Passive movement – you move injured part

Strength testing – can pressure be placed on injury?

Blisters

Small pockets of fluid in the upper layers of skin.

Symptoms – Bubble on the skin – blister is visual

Treatment – None – let the blister burst naturally and leave dead skin on.

These injuries are caused as a result of sudden trauma to the body. Results in immediate pain, and usually swelling with a loss of function.

Acute Injuries

Chronic Injuries

LO3: Know how to respond to injuries within a sporting context

Response to medical conditions

Reasons for an EAP

Increase safety of participants

People know what to do if there is an emergency.

Other treatments

Taping – support and reduce mobility.

Bandaging – decrease blood flow to prevent swelling

Splint – protect and support injured bones and joints.

Sling – immobilises injured area.

Hot – Increase circulation, compliance of soft tissue and relieves pain. Used before exercise – e.g. heat pads, deep heat, hot water bottles.

Cold – decrease circulation, inflammation, pain and swelling. Used after exercise – e.g. ice or deep freeze

Stretch and massage – increase ROM, excretes fluid for tissue repair, improve circulation, manage/relieve pain and break down scar tissue.

Tennis Elbow

Condition that is developed due to overuse to muscle and tendons of the forearm.

Symptoms – Pain on the outside of the elbow

Treatment – RICE, pain relief, physiotherapy and possible surgery.

Caused as a result of continuous stress on an area. They tend to develop gradually over a period of time.

Golfers Elbow

Overuse of muscles and tendons

Symptoms – Pain on the inside of elbow and weakness in the wrist.

Treatment – RICE, physiotherapy, sports massage

Tendonitis

This is the inflammation of a tendon.

Symptoms – Pain, stiffness, weakness at a joint, swelling or a lump.

Treatment – RICE, pain relief, physiotherapy

Shin splints

Pain in the shins or front of lower legs, From repeatedly putting weight on the legs.

Symptoms – Pain/ache in the shin bones, swelling

Treatment – RICE, Pain relief

Severs Disease

Occurs due to growth spurt when bones and muscle grow at different rates. Achilles tendon pulls the back of the heel.

Symptoms – Swelling, redness in heel, difficulty walking, discomfort, stiffness.

Treatment – Pain relief, RICE, exercise to stretch and strengthen

Osgood Schlatter's disease.

Inflammation of the cartilage and/or tendon at the top of the shinbone. Most common during growth spurt or children who play sport.

Symptoms – Knee pain, limping, swelling, tightness of muscles around the knee.

Treatment – RICE, Pain relief and stretching

Emergency Action Plans (EAP)

Benefits of an EAP

Reduces the risk of injuries

Minor issues can be dealt with before they escalate.

Increased awareness of staff on how to deal with problems.

EAP Components

Emergency personnel – People contacted in case of an emergency if they are not present. Identifies the first responder, first aider and the coach.

Emergency communication – Information on telephone location, emergency services contact details and details of any emergency numbers (for on site specialist provision).

Emergency equipment – Details of where first aid kits, evacuation chair and any other relevant materials are kept.