



# Injury Management guide



## SPORTS INJURIES



### Injury Assessment

- Stop** the play/activity or athlete to reduce the risk of further injury
- Talk** ask what happened, how did it happen, where does it hurt, are you hurt anywhere else?
- Observe** compare injured site with uninjured site for swelling, distortion or discolouration
- Prevent** further injury, if any injury signs or symptoms are present, the athlete will NOT return to play

### Remember - No Harm

**NO H**eat- hot baths, heat rubs, spas, hot water bottles

**NO A**lcohol - for the first 48-72 hours as it increases swelling

**NO R**unning- stop all vigorous activity

**NO M**assage - for the first 48-72 hours

## Most Common Injuries

Injury	Symptoms & Signs	Possible Causes	Management
<b>Soft Tissue Injury</b> Bumps Sprains Strains	Pain Swelling Reduced movement Tenderness	Blow Collision Overstretching Uncontrolled movement	R.I.C.E.R.# (refer back page)
<b>Bruises</b> <b>Superficial</b>	Tenderness Pain Discoloration	Fall Knock Blow	R.I.C.E.R.#
<b>Cuts</b>	Bleeding Pain Distress		Control bleeding Clean, compress Seek medical help if deep If stitching required, it should be within 2 hours Wear gloves when treating
<b>Blisters</b>	Local pocket of fluid Pain Tenderness	Friction from shoes, clothing, equipment, pressure	Clean, relieve pressure & friction with appropriate padding
<b>Cramps &amp; stitches</b>	Involuntary muscle spasm	Dehydration Low fitness Muscle fatigue	Fluid intake Stretching programme Gradual conditioning
<b>Winded player</b>	Pain Breathing difficulty Unable to straighten	Blow to abdomen Collision	Rest in comfortable position <b>Do not</b> push knees to chest
<b>Bleeding nose</b>	Bleeding	Blow Heat Spontaneous	Sit with head forward. Pinch soft part of nose. Seek medical help if bleeding persists for more than 20 minutes

## Most Common Pain

<b>Shin soreness</b>	Tenderness Pains in shins Pain increases by running jumping Swelling	Increased activity Postural imbalance Poor footwear Muscle imbalance	Decrease painful activity R.I.C.E.R.# Physiotherapist / podiatrist Correct footwear
<b>Knee pain</b>	Pain around knee Pain increased by sport, stairs, sitting, hills climbing Discolouration	Increased activity Postural imbalance Poor footwear Muscle imbalance Growth spurts	Decrease painful activity R.I.C.E.R.# Tape Correct footwear Referral
<b>Shoulder pain</b>	Pain on certain movements Reduced movements Local tenderness	Increased activity e.g. swimming Poor technique e.g. swimming, pitching, serving Direct blow e.g. fall	Decrease activity R.I.C.E.R.# Stretching Modify activity Referral
<b>Elbow Pain</b>	Pain in & around elbow Pain increased by certain activities, e.g. shaking hands, lifting, gripping	Jarring, increased activity e.g. golf, tennis Muscle imbalance Poor technique Change of grip Lack of control	Decrease activity R.I.C.E.R.# Modify technique Referral

#R=referral, if severe pain or not improving after 24 hours, see your own Doctor, Physiotherapist, or Podiatrist.

## Serious Injuries

Injury	Symptoms & Signs	Possible Causes	Management
<b>Head and facial</b> <b>Eye Injury</b>	Pain Swelling Impaired vision Bleeding	Hit with ball / bat / player Fall Collision	Cover both eyes Seek medical help
<b>Broken jaw</b>	Deformity Swelling		Victim supports jaw with hand R.I.C.E.R.# Seek medical help
<b>Broken nose</b>	Bleeding Pain Swelling Deformity		R.I.C.E.R.# <b>Do not</b> blow nose Seek medical help
<b>Teeth injuries</b>	Loose / lost tooth Bleeding Swelling		Rinse in milk or water Reinsert if possible. If not transport to dentist in milk or cling wrap. Seek dental help within 4 hours
<b>Broken bones</b>	Pain, swelling Local tenderness Deformity Loss of sensation Numbness	Blow Collision Heavy fall	Stop game Ensure victim's safety
<b>Soft tissue injury</b> Tendon or muscle Joint injury	Pain Swelling Restricted movement	Blow Collision Uncontrolled movement	R.I.C.E.R.# Seek medical help

## Life Threatening Injuries

<b>Head injuries</b> Concussion Brain damage Fractured skull	Unconscious Confused	Blow to head	DR ABC* Seek medical help Call ambulance Phone 000
<b>Neck injuries</b>	Pain in neck Loss of power or sensation in arms and/or legs Tingling in arms or legs	High tackle Diving accident Fall Collision	Stop the activity Ensure victim's safety Do not move Call ambulance Phone 000
<b>Abdominal injuries</b> Spleen Liver Kidney Lungs	Pain Pallor Fainting Breathing difficulty, coughing up blood Blood in urine	Collision Blow to abdomen Fall	Stop the activity Ensure victim's safety Seek medical help Call ambulance Phone 000 Rest in pain free position

#R=referral, if severe pain or not improving after 24 hours, see your own Doctor, Physiotherapist, or Podiatrist.

\* DR ABC = Danger - Response - Airway - Breathing - Circulation

## Recommendations

**Players:** That all players involved in sporting activities take out medical insurance to protect themselves financially and ensure a quick return to activity.

**Clubs/Associations:** That all events have at least one accredited Sports Trainer present.  
For more information contact SPORTS MEDICINE AUSTRALIA (08) 8234 6369

# Soft Tissue Injuries

(Sprains, Strains & Bruises)

For all sprains, strains and bruises the immediate treatment is **R.I.C.E.R.**  
So what is RICER?

**R**est

Stop the activity and place the athlete in a comfortable position

**I**ce

Apply ice pack of crushed ice, frozen pea packet or reusable packs. Do **NOT** place directly on to the skin. Wrap in a damp cloth. Apply for 20 minutes every 2 hours for the next 48-72 hours. Check for cold burns/sensitivity when applying ice. Where possible – combine ice with compression

**C**ompression

Apply a firm wide compression bandage over a large area covering the injured part, as well as, above and below the injured part. CHECK circulation

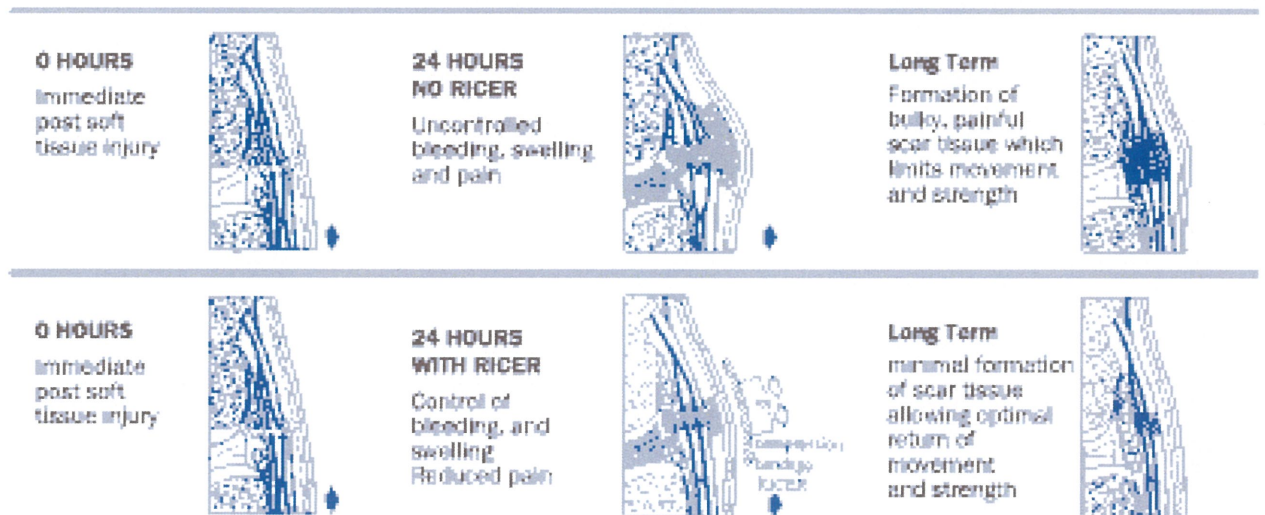
**E**levation

Elevate the injured limb higher than the heart if practicable

**R**eferral

Refer to a doctor/physiotherapist if injury shows no sign of improvement after 48 hours or if pain is severe

**Note: If unsure of injury refer immediately**



Reproduced with thanks from the Sports Medicine Awareness Course book

**DISCLAIMER**

The information in this brochure is of a general nature. Individual circumstances may require modification of general advice from an appropriate health professional eg doctor, physiotherapist, Podiatrist or Dietitian.