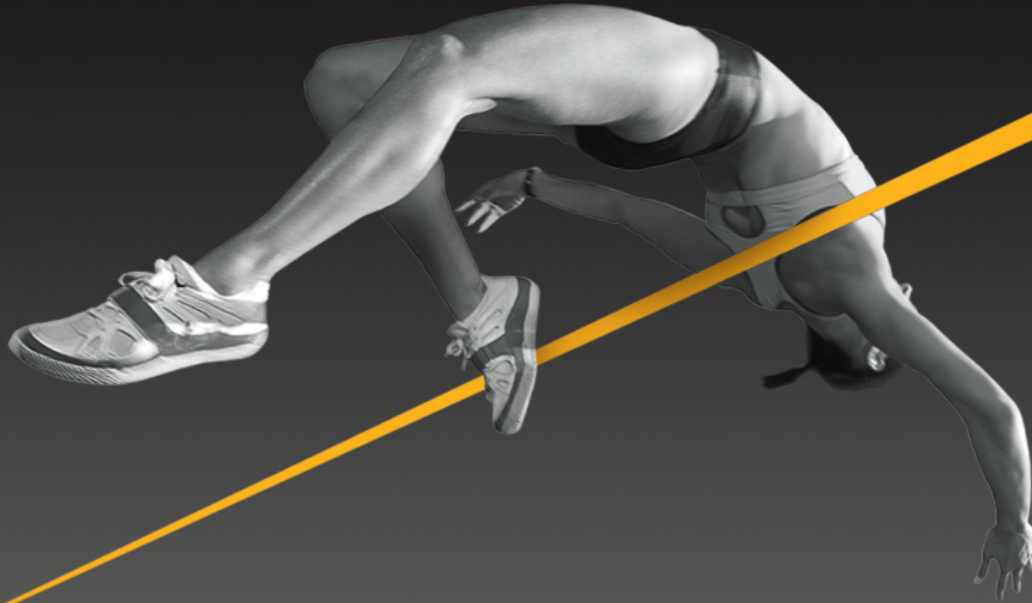


Treatment of Sports Injuries



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Sports Medicine





Coaches and parents have a grave responsibility to not only care for injuries when they occur but to watch for the early signs of physical problems.

*Everyone
deserves
to play....*



*...everyone
deserves
to play safe.*



Injury Care Responsibilities

- Obtain training in basic first aid and CPR.
- Immediately evaluate and care for all injuries.
- Be familiar with each player's medical history.
- Have a medical emergency plan.
- Maintain accurate records.
- Arrange for safe transportation of an injured athlete.
- Communicate with parents regarding their child's injuries.
- Have an athletic first aid kit and ice available at all practices and games.
- Carefully determine, with a physician's and parent's assistance, when an injured player may safely return to participation.
- Always remember that the physician or parent has the absolute word on care for the injured athlete.





When To See A Physician

- An injury to a joint or ligaments where the swelling and black and blue color does not dissipate, or increases, over a day or two.
- An infection resulting in pus, fever, redness or swollen lymph nodes.
- Any bone or joint pain that continues beyond a week.
- An injury in which pain increases with time.
- An injury that fails to heal in 2 weeks.
- A severely painful injury of any kind.

It is better to be safe than sorry!





When To Seek Immediate Medical Assistance

- Absence of breathing and/or pulse.
- Unconsciousness.
- Convulsions.
- Uncontrollable bleeding.
- Difficult or painful breathing.
- Heat stroke.
- Gross deformity of any area.
- Loss sensation or motor function.
- Severe head/neck pain, especially with dizziness, nausea or vomiting.





Heat or Ice?

- Use ice if in doubt.
- Ice for the first 24-72 hours at least.
- Treatments until numb (6-20 minutes).
- Not to be applied to areas with sensation impairment or those allergic.





‘RICES’

R -Rest the injured area.

I -Ice will reduce swelling and inflammation.

C -Compression of the area with an elastic wrap will slow swelling and provide pressure.

E -Elevation of the injured part will help reduce swelling.

S -Support, by use of a sling, splint or crutch, will prevent aggravating the injury.



Fractures

Signs & Symptoms

- Deformity
- Pain at a finger point
- Swelling
- Loss of function
- 'Grinding'



Treatment

- Immobilize
- Emergency Room
- Ice





Dislocations

Signs & Symptoms

- Pain
- Deformity
- Immovable
- Loss of sensation

Treatment

- Reduce??
- Ice
- Emergency Room





Sprains

Signs & Symptoms

- Pain
- Swelling
- Heard/felt a 'snap or pop'
- Limited ability to move the joint

Treatment

- 'RICES'
- Physician referral?
- Return to play?





Strains

Signs & Symptoms

- Pain at rest
- Swelling
- Heard/felt a 'snap or pop'?
- Limited ability to use the muscle
- Muscle spasms

Treatment

- 'RICES'
- Physician referral?
- Return to play?





Sprains & Strains & Fractures ... Oh My!

Bruises

- No pain with movement
- Pain with touch
- Pretty colors
- Ice then heat
- Protect

Anterior Compartment Syndrome

- Tight, shiny skin
- Warm temperature
- Loss of sensation in ankle/foot?
- Ice→Emergency Room/Physician



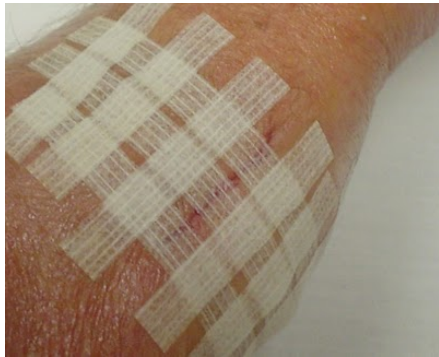


Cuts, Scratches & Blisters





Cuts, Scratches & Blisters





Infection

Send to the physician—



Redness or swelling directly around wound.

Red streaks running from the wound

Skin is hot around the wound

Elevated body temperature

Tender lymph nodes



Head & Neck Injuries

- **Burners/Stingers**
 - Burning down the arm, numbness in the hand
 - Movement and time
- **Spinal Injuries**
 - Point tender over the spine, loss of sensation
deformity, shooting pain
 - No movement, 911
- **Concussions**



Internal Injuries

- **Kidneys**
 - Pain in the back/abdomen, smoky/bloody urine
 - Emergency Room
- **Spleen**
 - Can't catch their breathe, Kehr's Sign, doesn't want to be moved, sweaty & pale
 - Emergency Room
- **Stitch-in-the side**
 - Pain/cramping in the last rib area-either side
 - Stretch



Heat Illnesses: Heat Cramps

Signs & Symptoms

- Muscle cramps
 - Calves
 - Hamstrings
 - Quads
 - Body
- Fatigue
- Slow reaction

Treatment

- Stretch
- Electrolytes
- Pickle juice, Alka Seltzer, mustard?
- Rest





Heat Illnesses: Heat Exhaustion

Signs & Symptoms

- Pale, cool, damp skin
- Profuse sweating
- Weak, rapid pulse
- Disorientation
- Headache
- Body weakness/exhaustion
- Dizziness or light-headed
- Nausea
- Shallow breathing

Treatment

- Fluids
- Remove to cooler area
- Rest for 24+ hours

Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Relative Humidity (%)



Heat Illnesses: Heat Stroke

Signs & Symptoms

- Lack of sweating
- Hot, dry skin
- Flushed, then possibly gray skin
- Unconsciousness
- Strong, rapid pulse
- Labored breathing
- Pupil contraction, then dilation
- Body collapse or convulsions
- *DEATH*

Treatment

Immediate cooling!
Emergency Room





Heat Illness Prevention

- Acclimatization.
- Attire. Loose fitting, light weight, light colored.
- Diet. Avoid fatty, greasy foods.
- Weight. 3-5% of body weight loss can affect performance and increase the threat of heat illness.
- Fluid Replacement. At least 1 pint of fluid per pound of weight lost. 'Normal urine color and odor.'



FLUID REPLACEMENT GUIDELINES

- ▶ Drink fluids before, during and after exercise.
 - Before exercise: Drink at least 16 ounces of fluid 2 hours before.
 - During exercise: Drink 5 to 10 ounces of fluid every 15-20 minutes.
 - After exercise: Within 30-45 minutes of activity, drink fluids and replace carbohydrates as described below.
- ▶ Weigh before and after exercise and replace fluids that are lost.
 - After exercise: Drink 16-24 ounces of fluid for every pound of weight lost.
- ▶ Check the color of urine to evaluate adequate fluid intake.
 - A clear, light-colored urine indicates proper hydration.
- ▶ Choose beverages that taste good, are absorbed quickly, supply electrolytes and contain 5-7% carbohydrates. Carbohydrates ingested 30-45 minutes after exercise accelerates the recovery process.
- ▶ Avoid carbonated beverages, fruit juices, caffeinated drinks and alcohol.
 - Carbonated beverages and fruit juices can decrease absorption and cause stomach cramps, nausea and bloating. Drinks containing alcohol or caffeine contribute to fluid loss through urination.



Taping & Bracing



"We tape up sore ankles. We tape up sore wrists. We even tape up sore elbows. We do not, however, tape up sore throats."

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Thank You

