

Managing Sports Injuries – Reynella FC

RICER Principle

REST: Reduce Further Injury, Limit movement on injured limb

ICE: for 15min, cools tissue reducing pain, do not apply directly on skin

New Injury: every 2hrs for first 24hrs, then every 4 hrs

COMPRESSION: helps reduce swelling, bleeding

ELEVATE: lift limb on pillow to stop bleeding, swelling

REFERAL: for precise diagnosis, ongoing diagnosis

NO HARM Principle

NO HEAT: increases bleeding

NO ALCOHOL: increases bleeding, swelling, mask pain

NO RUNNING: increase blood flow to site, delays healing

NO MASSAGE: increase bleeding, swelling

Cramp / Winded

- Rest
- Open Airways
 - Hands Above Head

Nose Bleed

- Sit Up, Head Forward
- Apply pressure 10min
- Apply wet cloth to neck
- Persist: Seek Medical Aid

Fracture / Dislocation

- Pain, deformity
- Immobilise, Support Limb

Asthma Attack

- Slow deep breaths
- 4 puff of reliever
- Give 4 puffs
- Take 4 breaths
- Repeat after 4min
- No Improvement: HELP

Wound Management

- Clean – Antiseptic
- Apply Dressing
- Tape

Stretcher

- Raise Both Hands
- One Coordinator
- Immobilise Injury

Diabetic

- Low: Give sweet food
 - Pale, Hungry, Sweating
- High: Insulin
 - Thirsty, hot, urination

Blisters

- Closed: Cover, Apply Vaseline
- Open: Treat like wound

**IF IN
DOUBT
DIAL 000**

Dental Injuries

- Place tooth in water
- Refer to nearby hospital
- Head Injury: check Concussion