

# Managing Sports Injuries – Reynella FC

## Emergency Situation

**Danger:** Assess the Scene

**Response:** Assess Casualty

**Airways:** Open and Clear

**Breathing:** Check

**CPR:** Perform

## Get HELP Fast:

- Head Injury with Unconsciousness
- Breathing Problems
- Neck Pain
- Suspected Fracture
- Joint Dislocation
- Eye Injury
- Deep wound

## On Field Assessment:

### STOP

**Stop:** Movement

**Talk:** what, how, where

**Observe:** swelling

**Prevent:** further injury

## Assessing the Injury

- Pain
- Swelling
- Inflammation
- Loss Function

## 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 248hrs, then every 4 hrs

**COMPRESSION:** helps reduces 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

## CONCUSSION

MUST NOT Return to Field if Suspected

Require: Medical Certificate to Return to Training

Junior Athlete: Must Miss One Weekend of Football

## Complete Assessment:

### TOTAPS

Talk

Observe: Swelling, Deformity, Discolouration

Touch: tenderness, temp, pain

Active: self movement

Passive: compare to active

Skill: full range movement

## Dental Injuries

Refer to Hospital

Assess for other injuries

- Concussion

## IF UNSURE

Refer Off

- Hospital
- Doctor
- Physio