

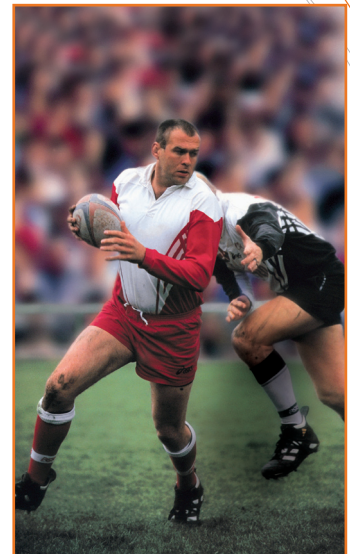
INJURY MANAGEMENT

Sports injuries are usually soft tissue injuries. A soft tissue injury is an injury to muscles, tendons, ligaments or joints (e.g. sprained ankle, torn hamstring, bruise). Other sports injuries are hard tissue injuries. A hard tissue injury is an injury to a bone (e.g. a broken finger).

[SPORTS INJURIES DEVELOP IN TWO MAIN WAYS]

- Acute - which occurs suddenly and is very painful, such as a sprained ankle.
- Chronic - which happens over time from overuse or over-exertion, (e.g. tennis elbow) or from a re-injury of a previous acute injury (e.g. Recurrent, ankle sprain).

The table below shows you how to best manage common minor injuries. In many of these situations, the injuries may have minor symptoms, but may have serious long-term effects if not treated by a health professional.



INJURY	SYMPTOM	HOW TO MANAGE
Muscle soreness	Pain during or after movement	RICER, then physiotherapy
Minor bruises	Tender upon touch. Discolouration.	RICER
Blisters	Swelling with fluid under the skin. Pain and tenderness	Place dressing pad around area to reduce pressure. Keep clean.
Cramps and stitches	Muscle spasms (contracting)	Drink fluids and stretch. Adjust fitness program.
Nose bleed	Bleeding nose.	Sit forward and pinch the nose. Seek medical help if still bleeding after 20 minutes.
Sore shins	Painful swollen shins. Pain worsens with running and jumping.	RICER. See a physiotherapist or podiatrist.
Overuse (knees, shins)	Activity increases pain and tenderness.	RICER. Reduce activity. See a physiotherapist.