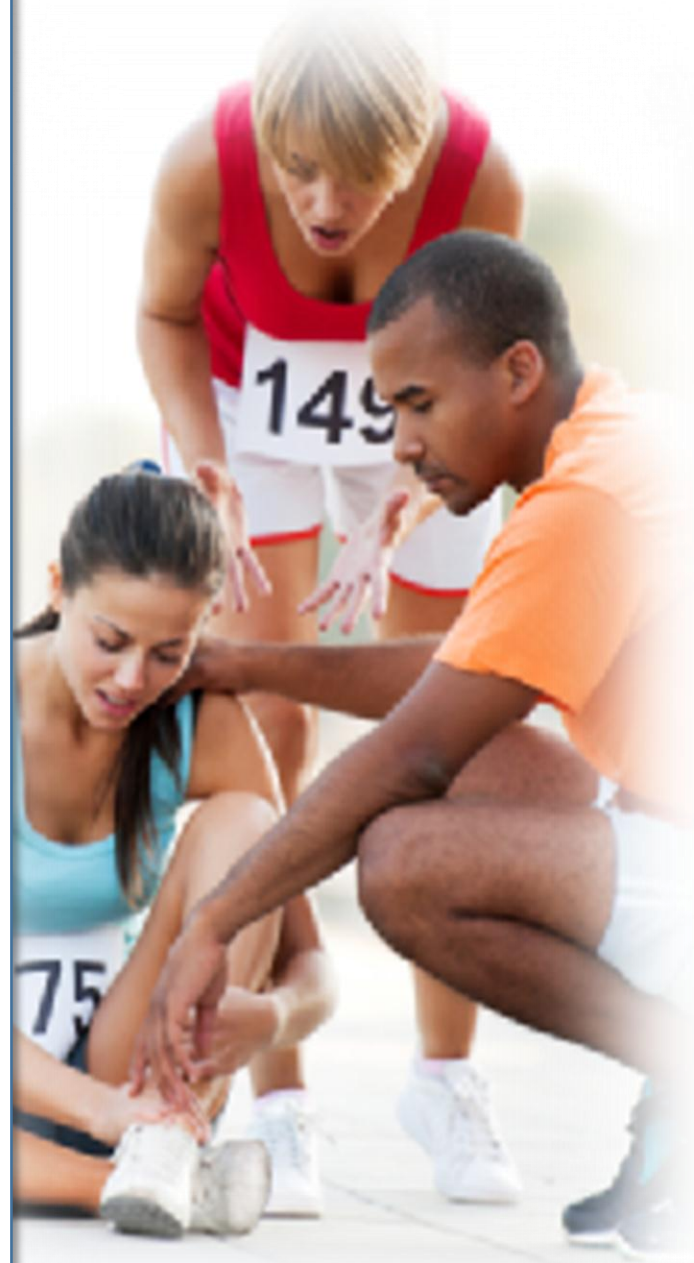


SPORTS INJURY: MANAGEMENT AND PREVENTION



SPORTS INJURY:

injuries that most commonly occur during sports or exercise

COMMON CAUSES:

accidents, poor training practices, improper equipment, lack of conditioning, insufficient warm-up and stretching



COMMON INJURIES

DISLOCATION

injury to the brain

BRUISE

joint displaced

SPRAIN

soft tissue injury

FRACTURE

overstretched ligament

CONCUSSION

cracked or broken bone

INJURY DIAGNOSIS

TALK

OBSERVE

TOUCH

ACTIVE MOVEMENTS

PASSIVE MOVEMENTS

SKILLS TEST



ACUTE INJURIES

Acute injuries occur when there is **sudden stress** on the body.

Three main causes:

1. Collisions with opponents or obstacles.
2. Being struck by an object.
3. Falling from a height or at speed.



CHRONIC INJURIES

- ✓ Chronic injuries are caused by **continuous stress** on a body part over a long time.
- ✓ Caused by **training too hard, not allowing time for recovery, poor footwear** and **bad technique**.
- ✓ **Overuse injuries** occur due to repeated powerful muscle movements.



R.I.C.E. MANAGEMENT

REST



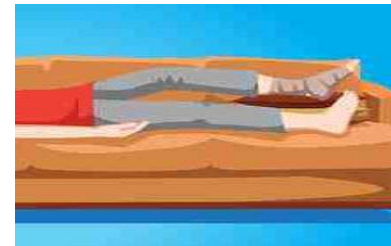
ICE



COMPRESSION



ELEVATION



NO H.A.R.M.

**HEAT
ALCOHOL
RUNNING
MASSAGE**



HARD & SOFT TISSUE INJURIES



Hard tissue injuries
are bone injuries.



Soft tissue injuries involve
damage to skin, muscles,
tendons, ligaments or cartilage.

SOFT TISSUE INJURIES

- An **open injury** means that the skin has been broken – blood usually escapes.
- Open injuries include cuts, grazes, blisters and chafing.
- A **closed injury** occurs beneath the skin – there is no external bleeding.
- Closed injuries include bruising, pulls, strains and sprains.



OPEN INJURIES



Cuts require immediate attention to stop bleeding and allow the blood to clot.



Grazes or abrasions where skin is scraped off the body, need to be cleaned carefully.

OPEN INJURIES



Blisters are caused by the skin rubbing on other surfaces.



Chafing is caused by ill-fitting clothing or material.

CLOSED INJURIES



Bruises occur when small blood vessels are damaged by an impact or sudden wrenching movement.

CLOSED INJURIES



Sprains occur when ligaments at joints get stretched and torn.



Strained muscles result from muscles being suddenly and forcefully overstretched.

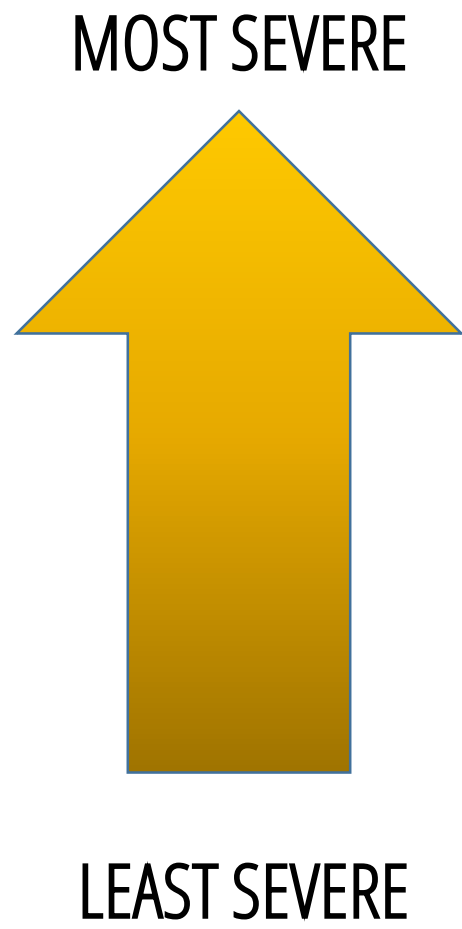
CLOSED INJURIES



A dislocation occurs when a bone is pulled or twisted out of place at a joint.

SOFT TISSUE INJURIES

BLISTER	1
SPRAIN WITH TORN LIGAMENTS	2
SPRAIN WITH STRECHED LIGAMENTS	3
STRAINED MUSCLE	4
BRUISING	5
BAD CUT	6
DISLOCATION	7



HARD TISSUE INJURIES

Hard tissue injuries are bone fractures – the bone either cracks or breaks.

Fractures lead to:

- ✓ bruising and swelling
- ✓ pain due to nerve damage
- ✓ the limb or area of the body where the break is becomes immobile
- ✓ if it is a bad fracture, the area will look obviously deformed.



UNCONSCIOUSNESS

Concussion is a common cause of unconsciousness while playing sport.

Common causes:

1. Fainting
2. Head injury
3. Heart attack or stroke
4. Asphyxia
5. Shock



D.R.A.B.C. MANAGEMENT



DANGER

RESPONSE

AIRWAY

BREATHING

CIRCULATION

DEHYDRATION

- When we exercise, especially in hot conditions, the body loses water as a result of sweating.
- If the performer does not re-hydrate by drinking lots of water, they may suffer from dehydration.



CAUSES AND TREATMENTS

BLISTER

Impact breaks bone

R.I.C.E.

FRACTURE

Wrenching force tears ligaments

D.R.A.B.C. and go to the hospital

CONCUSSION

Rubbing on the skin

immobilize limb and go to hospital

SPRAIN

Brain injured by blow to the head

keep clean and do not burst

INJURY PREVENTION

- Training, competing at appropriate venues & surfaces, with adequate clothing, footwear and protective equipment.
- Correcting poor technique or biomechanical alignment abnormalities



COMPLETE EXERCISE PROGRAM

STAGE	ACTIVITY	TIME
WARM-UP	slow walk, calisthenics, jog in place	5-10 minutes
STRETCHING	up to down	20-60 minutes
ACTIVE EXERCISE	cycling, running, dancing, etc.	5-10 minutes
WARM DOWN	slow walk, calisthenics, jog in place	5-10 minutes
STRETCHING	down to up	5-10 minutes

ADDITIONAL TIPS

- Drink enough water based on activity and temperature levels
- Educate athletes on proper nutrition for performance
- Supervise equipment maintenance
- Encourage athletes to speak with an athletic trainer, coach or physician if they are having any pain.



ADDITIONAL TIPS

- Enforcing warm-up and cool down routines
- Encouraging proper strength training routines
- Mandating pre-competition physical exams



Sport is friendship;
Sport is health,
Sport is education,
Sport is life,
Sport brings the world together.

*Juan Antonio Samaranch,
1996 Olympic Games Opening Ceremony*

**THANK YOU
VERY MUCH!**

