

Soft Tissue Injuries

RICE



REST

ICE

COMPRESSION

ELEVATION

REFERRAL

1. REST



REST

In this context "rest" means that the casualty must be encouraged to immediately cease from further activity until the severity of the injury can be safely assessed.

This may require some assistance - the injured athlete may be highly motivated and sensations of pain and loss of function can be masked by the body's natural pain-killing chemicals - so first aiders are likely to be in doubt.



2. ICE



ICE

Whether in the form of ice-cubes, a proprietary cold spray or wrap, or even a bag of frozen peas, ice should be administered to the injured area and applied for not more than 10 minutes in the first hour. This will help relieve pain and limit swelling.



Ice should be applied for 10 to 20 minutes with 10 minute intervals - ALWAYS WRAP ice in a wet towel or cloth.

3. COMPRESSION



COMPRESSION

Compression of the injured area will also help limit swelling. This is best applied to a limb in the form of an elasticated stocking - a length sufficient to provide a steady thickness around the injury and far enough above and below to avoid swelling and pinching of tissue that occurs the bandage edges.

Application may be over a cold wrap if required. If the casualty is in pain and has limited function, they might well prefer to apply the compression for themselves under your direction.



4. ELEVATION



ELEVATION

Elevation of the injured body part above gravity to help limit the swelling of the damaged tissue. It should not be forced, however, particularly where pain and loss of function might indicate an underlying fracture.



5. REFERRAL

REFERRAL

It is vitally important for the first aider to realise that even apparently minor soft tissue injuries can disguise fractures and dislocations to bones and joints. Such injuries can only be accurately diagnosed by a doctor.

For this reason the first aider should refer any such injuries to the nearest medical facility. The casualty should also be advised to see a qualified physiotherapist the same day, for an appropriate programme of rehabilitation.



Soft Tissue Injuries In Sports Medicine

Sabine Zange



Soft Tissue Injuries In Sports Medicine:

Soft Tissue Injuries in Sports Medicine L. C. Almekinders, 1996-01-17 The field of sports medicine is growing at a very rapid pace and with this growth comes a demand for more comprehensive yet focused texts that will appeal to the varied audience of people who may be involved with managing sports related injuries This volume provides concise information on imaging differential diagnosis treatment and rehabilitation As well as covering the basic history and biochemistry providing only what the clinician truly needs to know anatomy biomechanics response to injury and general concepts of treatment and rehabilitation the author discusses injuries to each anatomic region in turn In order to ensure that all possible readers questions are covered there is an appendix at the end of each chapter where hard tissue injuries are discussed briefly providing differential diagnosis and an overview of injuries that require surgical management This is a feature unique to this text

The Soft Tissues G. R. McLatchie, C. M. E. Lennox, 2013-10-22 The Soft Tissues Trauma and Sports Injuries focuses on the diagnosis treatment and rehabilitation of soft tissue injuries The publication first offers information on the incidence nature and economic effects of soft tissue injury and the anatomy of soft tissues Discussions focus on economic effects and burden on health care service nature of soft tissue lesions muscles tendons ligaments and the skin The manuscript also examines skin injuries and wound healing and muscle injuries The text takes a look at the management of the acutely injured joint tendon injuries with special reference to the hand and cold injuries Topics include open flexor tendon injuries of the hand closed extensor tendon injuries insertional tendinitis cold and muscle injury prevention of cold injury and cold and the increased risk of accidents The manuscript also surveys the imaging of soft tissues physiological testing in sport performance effect of ultrasound on the biology of soft tissue repair and injuries to the head spine lower and upper limbs and the eyes The publication is a vital reference for sports medicine specialists and readers interested in soft tissue injuries

Sports Medicine for Sports Trainers Sports Medicine Australia, 2006 This text provides an easy to read introduction to the basic principles of sports medicine for people of all sporting backgrounds and interests It gives readers practical knowledge in areas such as injury prevention injury management crisis management techniques and optimising performance Topics covered include management of common sporting injuries how to conduct warm up stretching and cool down sessions using taping to prevent or reduce severity of injuries principles of sports nutrition Examples are drawn from a wide variety of sports Developed by Sports Medicine Australia it provides you with the information you need to help athletes prevent injuries to reduce the severity of injuries that occur and to prevent injuries from re occurring

Facial Injuries in Sports, An Issue of Clinics in Sports Medicine Michael J. Stuart, 2017-03-20 This issue of Clinics in Sports Medicine will focus on facial injuries and will include articles on the following Epidemiology Prevention Initial Evaluation Soft tissue injuries Maxillofacial and Mandible Fractures Nasal Injuries Ear Injuries and many more

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O'Connor,2012-09-10 The field of sports medicine is evolving accelerated by emerging technologies and changing health care policies To stay up to speed and ace the Boards you need a resource that moves at your pace Sanctioned by the American College of Sports Medicine ACSM this handy review addresses all areas of the sports medicine subspecialty board examination with coverage that spans the full spectrum of sports medicine from medical to skeletal conditions related to the athlete The editors and authors include orthopedic surgeons family physicians pediatricians internal medicine specialists physiatrists certified athletic trainers physical therapists psychologists nutritionists exercise physiologists and more ensuring that you ll benefit from the broad spectrum of expertise embraced by the specialty Look inside and explore Seven convenient sections address general considerations evaluation of the injured athlete medical problems musculoskeletal problems principles of rehabilitation sports specific populations and special populations Comprehensive coverage includes all topic areas featured on sports medicine subspecialty board exams Easy access bulleted format makes essential facts simple to locate and recall Tables figures and algorithms make complex ideas easy to grasp and retain PLUS An online companion resource includes nearly 1 000 board style practice questions with rationale for correct and incorrect responses a great way to test your knowledge and improve your exam performance **Physical Fitness/sports Medicine** ,1987 Consists of

citations selected from those contained in the National Library of Medicine s Medical Literature Analysis and Retrieval System DeLee & Drez's Orthopaedic Sports Medicine E-Book Mark D. Miller,Stephen R. Thompson,2014-04-04 The revised streamlined and reorganized DeLee important non orthopaedic conditions involved in the management of the athlete rapidly evolving techniques and sports related fractures Understand rehabilitation and other therapeutic modalities in the context of return to play Take advantage of in depth coverage of arthroscopic techniques including ACL reconstruction allograft cartilage transplantation rotator cuff repair and complications in athletes as well as injury prevention nutrition pharmacology and psychology in sports Equip yourself with the most current information surrounding hot topics such as hip pain in the athlete hip arthroscopy concussions and medical management of the athlete Remain at the forefront of the field with content that addresses the latest changes in orthopaedics including advances in sports medicine community knowledge evidence based medicine ultrasound guided injections biologic therapies and principles of injury prevention Enhance your understanding with fully updated figures throughout Take a global view of orthopaedic sports medicine with the addition of

two new international section editors and supplemental international content Access even more expert content in new Author's Preferred Technique sections Find the information you need more quickly with this completely reorganized text

Sports-related Fractures, Dislocations and Trauma Morteza Khodaei, Anna L. Waterbrook, Matthew

Gammons, 2020-04-16 This exciting user friendly text covers everything sports medicine and emergency clinicians need to know when encountering sports related injuries and trauma whether on the field or in the office Divided into eight thematic sections all aspects of musculoskeletal and other trauma care are described in detail with each chapter including key points for quick reference The opening section presents general approaches to sports related trauma from initial evaluation and acute management to stabilization anesthesia and imaging The different types of fractures and dislocations as well as musculoskeletal healing complications are covered in part two The next three sections then take in depth looks at bone and joint trauma in the upper extremity lower extremity and axial skeleton respectively Soft tissue and other sports related trauma comprise parts six and seven from tendons ligaments nerves and more to chest head and facial injuries The final and largest section presents sports specific injuries covering more than 30 individual and team activities from baseball basketball and hockey to swimming sailing and triathlon Throughout copious figures photographs and tables enhance and advance the content for a complete well rounded examination of the field Comprehensive but not complex Sports related Fractures Dislocations and Trauma is a practical high yield manual for sports medicine and emergency care specialists primary care physicians and any other professionals caring for athletes both on the field and in the office *Encyclopedia of Sports Medicine* Lyle J. Micheli, 2011 This encyclopedia presents state of the art research and evidence based applications on the topic of sports medicine

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