

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 reduce pain and limit swelling.



Ice should be applied for 10 to 20 minutes with breaks and wrapped in a cloth so that no ice is in direct contact with skin.

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 bandage - a length sufficient to provide a double thickness around the injury and far enough above and below to avoid swelling and pinching of tissue that occurs at 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 Sport

Christopher M Norris

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Soft Tissue Injuries In Sport:

Soft Tissue Injuries in Sport Sylvia Lachmann, J. R. Jenner, 1994-01-01 *Soft Tissue Injuries in Sport* Sylvia Lachmann, 1988-01 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 and Soft Tissue Injuries Christopher Norris, 2018-09-03 The fifth edition of the retitled Sports and Soft Tissue Injuries sharpens its focus on the treatment of sports injuries providing the most complete evidence based guide for physiotherapists sports therapists and medical practitioners working with athletes Opening with chapters that examine the underlying science of tissue healing and principles of rehabilitation the book employs a systematic approach with chapters covering each area of the body from facial through to ankle and foot injuries Every chapter includes in depth discussion and guidance on the treatment of common sports injuries through physiotherapeutic modalities drawing on the author's wealth of personal experience and the latest peer reviewed research A complete pedagogical resource Sports and Soft Tissue Injuries is highly illustrated in full colour and is an important text for students of sports therapy physiotherapy sport medicine and athletic training interesting further reading for sport and exercise science or kinesiology students with an interest in sports injury and a crucial reference for practicing physiotherapists and athletic trainers and the related disciplines **Soft Tissue Injuries in Sport** Markku Järvinen, 1997 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 **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 *Clinical Guide to Sports Injuries* Roald Bahr,Sverre

Mæhlum,2004 This guide to sports injuries is a reference for all those who practice sports medicine Adopting a problem orientated approach it uses a logical progression through problem diagnosis treatment to rehabilitation The information on the CD ROM can be printed out and shared with patients **Athletic and Sport Issues in Musculoskeletal**

Rehabilitation David J. Magee,Robert C. Manske,James E. Zachazewski,William S. Quillen,2010-10-21 Part of David J Magee s Musculoskeletal Rehabilitation Series Athletic and Sport Issues in Musculoskeletal Rehabilitation provides expert insight and clear rehabilitation guidelines to help you manage injuries and special medical needs unique to athletic clients Contributions from leading physical therapists athletic trainers and orthopedic surgeons give you a comprehensive clinically relevant understanding of common sports related injuries and help you ensure the most effective therapeutic outcomes Addresses a broad range of sports related injuries and conditions Reinforces key concepts with highlighted content and hundreds of detailed illustrations Summarizes essential information for fast easy reference in class or in clinical settings

Genetics and Sports M. Collins,2009-08-21 This publication reviews past current and future applications of genetic research in the fields of exercise science and sports medicine It highlights ethical concerns potential clinical applications and exploitation of genetic information The authors an interdisciplinary group of experts comprising clinicians exercise scientists human geneticists and other biological scientists present an integrated and holistic understanding of the field to the reader Several chapters of the book address the issue of nature and nurture in determining athletic ability and etiology of sports injuries Other chapters are dealing with genetics and performance research during pre-molecular and molecular biology eras gene lifestyle interactions and their consequences on health as well as genetic risk factors in musculoskeletal soft tissue injuries Finally the possible application of gene therapy in athletes gene doping and genetic testing of athletes are discussed The book is highly recommended to exercise scientists sports clinicians human geneticists athletes coaches and to all those interested in the relatively new area of genetic research within the fields of exercise science and sports medicine

Sports-Related Injuries , An Issue of Orthopedic Clinics, E-Book Patrick C. Toy,2020-10-28 This volume of Orthopedic Clinics will focus on Sports Related Injuries Edited by members of a distinguished board from the Campbell Clinic including

Dr Frederick Azar as editor in chief each issue features several articles from the key subspecialty areas of knee and hip hand and wrist shoulder and elbow foot and ankle pediatrics and trauma **The Anatomy of Sports Injuries** Brad Walker, 2007 Contains in depth descriptions of 119 sports injuries each with illustrations that show the anatomy of the injury and includes line drawings of simple stretching strengthening and rehabilitation exercises as well as advice on injury prevention

Imaging of Orthopedic Sports Injuries Filip M. Vanhoenacker, Mario Maas, Jan L.M.A. Gielen, 2007-01-17 This volume provides an updated review of imaging abnormalities in orthopedic sports injuries The first part of the book contains background information on relevant basic science and general imaging principles in sports traumatology The second part comprises a topographic discussion of sports injuries Each chapter highlights the merits of different imaging techniques focused on a specific clinical problem In the third part natural history monitoring and follow up imaging are discussed

My Revision Notes: Level 1/Level 2 Cambridge National in Sport Science: Second Edition Sue Young, Symond Burrows, 2022-09-30 Set students on track to achieve the best grade possible with My Revision Notes Our clear and concise approach to revision will help students learn practise and apply their skills and understanding Coverage of key content is combined with practical study tips and effective revision strategies to create a guide that can be relied on to build both knowledge and confidence My Revision Notes for Cambridge National Level 1 Level 2 in Sport Science J828 will help students Consolidate knowledge with clear concise and relevant content coverage based on what examiners are looking for Extend understanding with our regular Now Test Yourself tasks and answers Improve technique through our increased exam support including exam style practice questions expert tips and examples of typical mistakes to avoid Identify key connections between topics and subjects with our Making Links focus and further ideas for follow up and revision activities Plan and manage a successful revision programme with our topic by topic planner new skills checklist and exam breakdown features user friendly definitions and glossary **Managing Sports Injuries e-book** Christopher M Norris, 2011-06-30 Now in its fourth edition with the revised title Managing Sports Injuries a guide for students and clinicians this highly practical guide maintains its evidence based approach while introducing new material from both research and clinical sources It is a comprehensive resource for the management of soft tissue injuries focusing on therapy Well referenced and extensively illustrated this text continues to be invaluable to physiotherapists sports and massage therapists medical practitioners and all those involved in the treatment of athletes and sports people Approx 424 pages Full colour text and illustrations emphasizing all practical techniques Treatment notes expanded with added topics and basic examination protocols Additional material enhancing clinical value Practical how to do approach enabling application of new techniques Updated research references The Anatomy of Sports Injuries, Second Edition Brad Walker, 2018-09-04 For anyone who plays sports and is looking to facilitate recovery or prevent injuries Everyone who plays sports experiences injuries Many people never fully recover because they re not aware of what they can do to facilitate recovery But there s no need to simply

resign yourself to living with a sports injury In *The Anatomy of Sports Injuries* author Brad Walker brings years of expertise he works with elite level and world champion athletes and lectures on injury prevention to this how to guide The book takes a fundamental approach bringing you inside the body to show exactly what is happening when a sports injury occurs At the heart of *The Anatomy of Sports Injuries* are 350 images This second edition includes updated illustrations and more anatomical information and is for every sports player or fitness enthusiast who has been injured and would like to know what the injury involves how to rehabilitate the area and how to prevent complications or injury in the future

Concepts of Athletic Training Ronald P. Pfeiffer, Brent C. Mangus, 2005

Sports Injuries Michael Hutson, Cathy Speed, 2011-03-17

This title provides the reader with an understanding of the nature of injuries sustained in or as the result of sport and how to recognize and treat such injuries

Sports Massage for Injury Care Robert E. McAtee, 2020

Sports Massage for Injury Care explains why manual therapy is so valuable in treating musculoskeletal injuries It presents injury specific protocols for treating and preventing recurrence of 20 of the most common neuromuscular injuries seen in athletes

Textbook of Orthopedics John Ebnezar, 2010-10-09

A new edition of this well established textbook for post graduate students and orthopaedic surgeons in training and practice A thorough revision including many new images X Rays and MRI s and new chapters on trauma arthroscopy and evidence based orthopedics This new edition includes new clinical images X rays and MRI scans 500 new line diagrams and 250 new X rays Every chapter has been thoroughly revised and updated and new chapters on trauma arthroscopy common surgical techniques geriatrics and evidence based orthopedics have been added

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