

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 a position to be essential.



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 or towel so as not to burn or chill.

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 for some day, for an appropriate programme of rehabilitation.



Soft Tissue Injuries In Sport

Sylvia Lachmann



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 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 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 *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 **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 *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 *Sports Dentistry* Peter D. Fine,Chris Louca,Albert Leung,2018-08-24 *Sports Dentistry Principles and Practice* is a comprehensive resource that addresses all aspects of this burgeoning field of dentistry Provides a comprehensive manual that covers the fundamental principles and practice of sports dentistry Addresses all aspects of sports dentistry including treatment of injuries preventative measures oral health and marketing and practice management Offers information on providing dental facilities at sporting arenas Presents suggestions for treating young children and the specific issues they present Includes a companion website with illustrative case studies **The Anatomy of Sports Injuries, Second Edition** Brad Walker,2018-11-13 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 are not aware of what they can do to facilitate recovery But there is 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

Uncover the mysteries within is enigmatic creation, **Soft Tissue Injuries In Sport** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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