

INJURY PREVENTION & MANAGEMENT

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EFFECTS

- Pain
- Frustration
- Expensive
- Lost earnings



5 S's

- Strength
Exert force against resistance.



5 S's

- Speed
Move quickly, make successive movements in shortest time.



5 S's

- Skill
Ability to perform activity in most biomechanically correct way.



5 S's

- Suppleness
Flexibility, full range of movement at joints.



5 S's

- Stamina
Maintain continued large muscle movements over extended period of time.



5 S's

- Develop skills & techniques specific to sport
- Obey rules
Most rules are created with safety in mind
- Equipment
Playing area, facilities, equipment maintenance
- Protection
Guards, padding, braces
- Environment
- Physical condition
Pre-existing medical conditions, illness, fatigue



WARM UP

- General warm up activities
Increase body temperature, blood circulation
- Static stretching
Prepares muscles, nerves, joints for movement
- Dynamic stretching
Range of motion relevant to specific sport
- Specific warm up
Performance of basic skills at game tempo
- Cool down
General warm up activities at much reduced tempo
Assist in active recovery

ASSESSMENT

Do no further damage!

Assessment of injury

- Danger
- Response
- Airway
- Breathing
- Circulation
- Stop
- Talk
- Observe
- Prevention

DR. ABC!

STOP!



TREATMENT

- Prevention
- Rest
- Ice
- Compression
- Elevation
- Diagnosis



PHASE I: INFLAMMATION

- Tissue tear
- Blood fluid leakage
- Formation of blood clot

Important to manage this stage of cell repair well to aid proper and good recovery.



PHASE I: INFLAMMATION

Avoid

- Heat
Increased blood flow → swelling
- Exercise
Healing but weak tissues may tear again
- Alcohol
Lead to increased blood flow
- Massage
Only advisable after 48-72 hours. Extreme care must be taken.



PHASE II: REPAIR

- Removal of clot
- Formation of scar at location of tissue damage
- Up to 6 weeks

Scar formation occurs during the healing process and the cell tissues will not be as organized as before. The scars will be thicker and harder than the original tissues.

Physiotherapy will be needed to reorganize the scar tissue so as to regain as much of the original movement as possible.

PHASE III: REMODELLING

- Reorganise tissue scars
- Realignment of tissue fibres
- Stronger replacement tissue

With successful treatment and management, full normal movement can be regained.

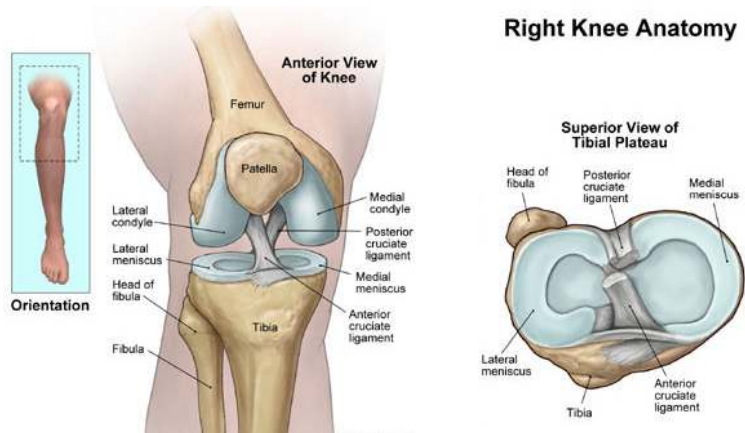
Slow gradual return to sport is encouraged.

Improper management will lead to loss of strength and flexibility at injured location.

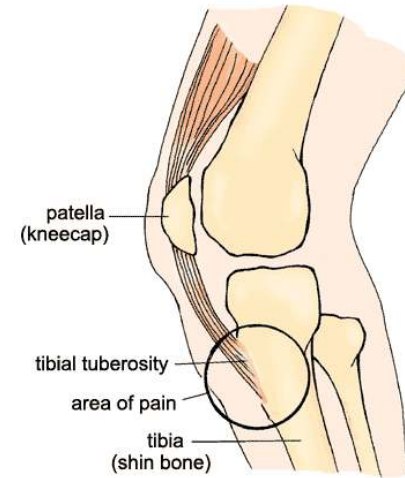
COMMON INJURIES

- Hamstring
- Quadriceps
- Hernia
- Achilles tendonitis
- Shin splints
- Osgood-Schlatters disease
- ACL, PCL, MCL
- Disc herniation

ACL, PCL, MCL



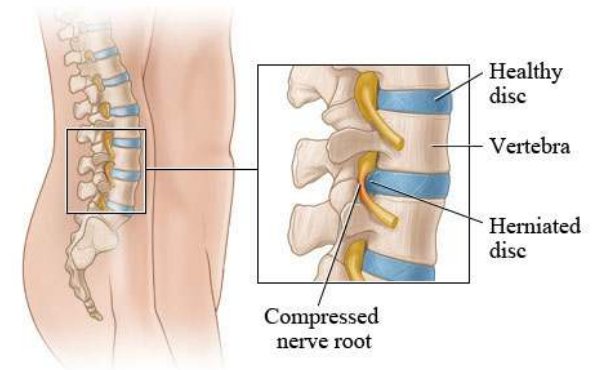
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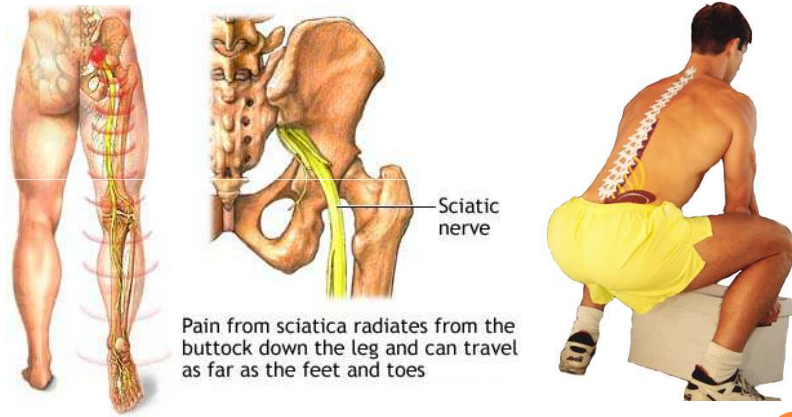
ACHILLES TENDONITIS



DISC HERNIATION



DISC HERNIATION



Pain from sciatica radiates from the buttock down the leg and can travel as far as the feet and toes



METATARSAL FRACTURE

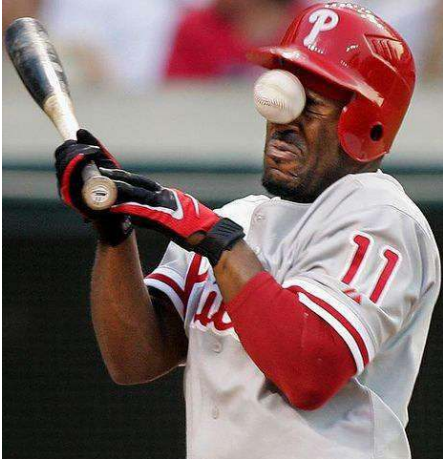


METACARPAL FRACTURE



ARE YOU READY?









"From a packaging point of view, you look just fine."

