



Topic: Sports Injuries and Treatments

Causes of Injury

Injuries in sport happen as a result of **external force** from outside your body or **internal force** from inside your body.

External force

There are two types:

- **Impact** with someone (tackle, collision, punch, kick) or something (landing hard, running into a post). These cause bruises, sprains, fractures, dislocations or concussion.
- The **environment** – very hot or cold conditions. Heat causes dehydration. Cold causes hypothermia.

Internal force

Very sudden, powerful movements can tear or strain muscles and tendons.



Bone and Joint Injuries

Assess injury by considering:

signs - what you can see

symptoms - what the sufferer feels

Fractures and dislocations

Signs:

- Swelling
- unusual shape or deformity
- signs of shock (pale, clammy skin)

Symptoms:

- tenderness at the site (fracture)
- 'sickening' pain (dislocation)
- nausea



Fractures and dislocations are serious injuries. In all cases where a fracture or dislocation is suspected move the sufferer as little as possible, support the injured part and seek medical advice.

ASSESSMENT

For your end of unit (half term) assessment, you will be required to complete the following task:

- Written knowledge test on Sports Injuries and Treatments (20 multiple choice questions).



Topic: Sports Injuries and Treatments

Treating skin damage

All skin damage should be cleaned to prevent infection.

Cuts – dry the skin around the cut and cover with a clean dressing.

Grazes – check for dirt within the graze. Cover with a specialist non-stick dressing.

Blisters – do not break the blister. Cover it with a specialist plaster that stays in place until it falls off naturally. This eases pain and protects the area from further damage.

Soft tissue injuries (RICE)

RICE treatment is used for strains, sprains and bruises.

R - Rest: Stop activity to prevent further injury.

I - Ice: Apply an ice pack to reduce blood flow, pain and swelling.

C - Compression: Wrap a bandage tightly around the area to reduce internal bleeding and swelling.

E - Elevation: Raise the injury above heart level to reduce swelling and throbbing.

RICE treatment lessens the pain and helps to reduce injury recovery time.



Emergencies

Dehydration, hypothermia and unconsciousness are emergency situations. You should always send for medical help before treating the sufferer.

Dehydration

- Lie the sufferer down in a cool place.
- Raise and support legs.
- Give plenty of water.

Hypothermia

- Move sufferer to a warmer, sheltered area.
- Provide extra clothing or a survival bag.
- Give warm drinks.
- Keep checking for pulse and breathing.

Unconsciousness/Concussion Follow the DRABC (Dr ABC) checklist:

D - Danger: Check that you and the sufferer are not in danger. Make sure everyone is safe.

R - Response: Shake and shout - is the person unconscious?

A - Airway: Check that the airway is clear.

B - Breathing: Check that the sufferer is breathing.

C - Circulation: Check for a pulse.