SPORT SCIENCE R180

TOPIC AREA 3

Soft Tissue and Hard Tissue Injuries

Acute Injuries

- Strains
- Dislocations
- Fractures
- Skin Damage
- Head Injuries
- Sprains

Chronic Injuries

- Epicondylitis
- Tendonitis
- Stress Fractures
- Shin Splints

TOPIC AREA 4

Injury Treatment

Massage
Relieves pain and knots in the muscle tissue.

Cast/sling/splint
Used for fractured bones and helps keep the area still while it recovers

Ultrasound
Sound waves are used to increase temperature and blood flow to the injured area

Immobilisation
Stabilising an injury by preventing the muscle, joint or limb from moving or bearing weight.

Support
Prevents further damage taking place e.g. knee brace

Contrast Therapy
The injured area is subjected to both heat and cold therapy

Electrotherapy
Electrical impulses sent through the skin to reduce pain

Hydrotherapy
The use of water in the treatment of various conditions

Cryotherapy
The use of extreme cold to remove abnormal tissue

Taping/Bandaging
Can be used for muscle injuries or for wounds that are in danger of infection

Ibuprofen
Medication that reduces swelling

Painkillers
Medication that reduces pain

EAPs

1. Emergency Personnel → A first-aider, physio or coach responds to the injury
2. Emergency Communication → If necessary, a phone call is made to emergency services or medical personnel
3. Emergency Equipment → This may include first aid kits, stretcher, defibrillator etc

Treating Minor Injuries

Protection - The injured area should be protected from further damage. E.g. with a bandage or brace

Rest – This is the only way that the body will have time to fix the injury.

Ice – This will reduce blood flow to the area, meaning that less swelling occurs and a quicker recovery is possible.

Compression – Compressing the injury can decrease swelling

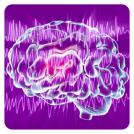
Elevation – This can mean that gravity assists in sending blood flow away from the injured area

TOPIC AREA 5

Medical Conditions

Asthma

Diabetes



Epilepsy

Sudden Cardiac Arrest

Other Medical Conditions

Hypothermia → Body temp drops below 35 degrees.

Heat Exhaustion → Body temperature above 38 degrees

Dehydration → Loss of bodily fluids

DRABC

Danger - Assessing any immediate danger to themselves or the casualty

Response - Assessing whether the casualty responds in any way to communication

Airway - Put two fingers on the chin to open up the airway

Breathing - 10 seconds should be spent checking for signs of breathing e.g. is the chest rising

Circulation - If there are no signs of breathing, emergency services should be called and CPR should take place to try to restart circulation

SALTAPS

See
Ask
Look
Touch
Active
Passive
Strength

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