

INJURY PREVENTION & MANAGEMENT

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BE YOUR BEST PHYSIOTHERAPY
DANDENONG SOUTHERN STINGRAYS



Role of the Coach in injuries

- Prevention of injuries
- Encourage appropriate rehabilitation
- Fitness testing
- Apply first aid



Why prevent injuries?

- Reduce game time lost by injured players
- Maximise the numbers of players available for selection
- THEREFORE maximise results
- Legal responsibility:
 - Duty of care
 - Negligence



INJURY PREVENTION

Prevention is better than cure

➤ What can you do?

- At training
- Pre-match
- Game day
- Post-match (including recovery)

PRE-GAME or TRAINING

- Appropriately trained trainers
- Adequate medical kit (training, game & camps)
- Knowledge of player's medical history and medications
- Awareness of closest emergency facility & your exact location
- Protective devices
- Awareness of environmental conditions
- Inspect venue (legal responsibility)

TRAINING

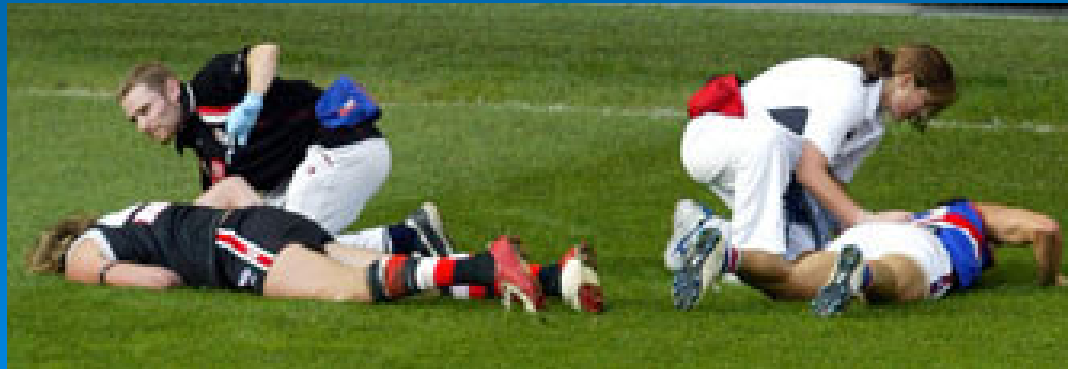
- Logical sequence of skills and drills
- Development of skills & technique
- Improve fitness
- Tailor training programs for specific players

TRAINING & GAME DAY

- Warm up
- Stretching
- Cool down
- Post game recovery (more about this later)
- Obey the rules
- Fluid replacement
 - Before exercise (last 60 minutes): 500ml
 - During exercise: 200ml every 20 minutes
 - After exercise: 500ml – 1L

SEVERE INJURIES

- D . R . A . B . C
- Head, Chest, Spinal, Facial or Eye injuries or Unconscious player → Call 000
- Do NOT move the player
- Reassure player & parents



SOFT TISSUE INJURIES

➤ Eg. Sprains, Strains, Corkys, Bruises

➤ S . T . O . P

- Stop
- Talk
- Observe
- Prevent



SOFT TISSUE INJURY MANAGEMENT

➤ For the first 24-48 hrs: ➤ And Avoid:

- R

- I

- C

- E

- R

- H

- A

- R

- M

RICER

First 48-72 hrs post-injury

- Rest
- Ice
 - 15-20 minutes, every 2 hrs
 - Ice pack
 - Ice cup
 - Cold water bucket
- Compression
 - Bandage from trainers
- Elevation
- Refer

Before



After



RICER

➤ What injuries?

- Corkys
- Sprains
- Strains
- Bruises



➤ Why?

- Minimise damage (Reduce swelling & bleeding)
- Faster healing
- Faster return to footy

No HARM – first 48-72 hours

➤ **No HARM – Is equally important!**

- Heat
- Alcohol
- Running
- Massage


Why? Because they all increase bleeding, severity of injury and therefore time taken to recover.

Therefore...

DO NOT rub out corkys! No hot spas if muscle strained.

Other common injuries

- Cuts & Abrasions
 - Blood noses
 - Concussion
 - Shin splints
 - Osteitis Pubis

 - Any others?
- 

RECOVERY STRATEGIES

➤ BENEFITS

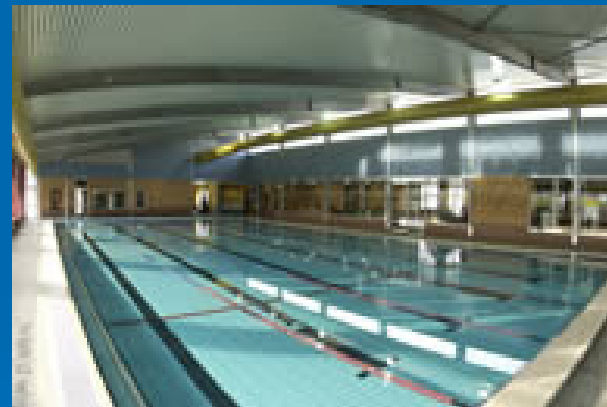
- Clearance of waste products (lactic acid)
- Reduce post-match soreness
- Able to train at higher intensity
- Better performance at next match



RECOVERY STRATEGIES

Post-match & after training

- Hot & Cold showers
 - 30 seconds of each for at least 3 minutes
- Ice baths/bins
- Beach
- Pool



How do these recovery strategies work?

INJURY MANAGEMENT:

Steps from injury to return to footy

1. Assess injury
2. Diagnose injury
3. Physiotherapy treatment
4. Home management program
 - Stretches & Strengthening to prevent re-injury
5. Return to running
6. Return to footy skills
7. Fitness test
8. Complete full training session(s)

Fitness testing

- What footy skills do you want to see before you clear player to return to footy?
 - Shoulder / Elbow injury
 - Groin
 - Hamstring
 - Quad or Calf

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