

## **Sports Injury Symptoms & Causes**

### ***Introduction***

#### **Sport Injury Symptoms**

Symptoms and causes of injury differ according to the type of injury.

Some injuries, like a torn muscle are not visibly obvious, where others, such as a knee dislocation or cut are obvious and can appear quite gruesome.

In most cases it's pain that gives us the first sign of injury.

#### **Sports injury Causes**

The cause of an injury varies according to the activity.

We all know that when we are moving and involved in a sport, we're often thinking about getting ourselves or another object from position A to B.

Unfortunately, often enough we do not give enough thought to how best we can make these movements in order to prevent possible injury to one self or another person in getting from A to B.

Game rules do help control accidents and injuries to some extent, but in most cases, a sports injury is either the result of:

- Contact with another player
- Contact with the ground
- Wear and tear.

**Student Group Activity**

In groups students are to research the possible symptoms and causes of injury for each listed injury and then complete the form to record these. Each groups then to report nominated injuries back to the class. Suggested websites to research include [www.elastoplastsport.com](http://www.elastoplastsport.com) and [www.sma.org.au](http://www.sma.org.au). Library resources may also be used.

<b>Injury</b>	<b>Symptoms &amp; Signs</b>	<b>Possible Causes</b>
<b>Soft Tissue Injury (Bumps, sprains, strains)</b>	Pain, swelling, reduced movement, tenderness	Uncontrolled movement, blow, collision, overstretching
<b>Bruises</b>	Tenderness, pain, discolouration	Fall, knock, blow
<b>Cuts</b>	Bleeding, pain, distress	
<b>Blisters</b>	Local pocket of fluid, pain, tenderness	Friction from shoes, clothing, equipment, pressure
<b>Cramps &amp; Stitches</b>	Involuntary muscle spasm	Dehydration, low fitness, muscle fatigue
<b>Winded Player</b>	Pain, breathing difficulty, unable to straighten	Blow to abdominal, collision
<b>Broken Bones</b>	Pain, swelling, local tenderness, deformity, loss of sensation, numbness	Blow, collision, heavy fall
<b>Nose Bleeds</b>	Bleeding nose	Blow, heat, spontaneous
<b>Head Injury, Eye Injury</b>	Pain, swelling, impaired vision, bleeding	Hit with ball/bat/player, fall, collision
<b>Broken Nose</b>	Bleeding, pain, swelling, deformity	
<b>Broken Jaw</b>	Deformity, swelling	
<b>Teeth Injuries</b>	Loose/lost tooth, bleeding, swelling	

Material from both Elastoplast Sport and Sports Medicine Australia have been used to develop this worksheet.

## Injury Prevention

Suggested answers to student exercises are in **bold**.

### Listening & note taking exercise

Discuss with the class the different elements that can help prevent sports injuries. Students to then complete the blanks for each element based on the words included in the box on their worksheet.

Sports injuries can be prevented by looking at a wide variety of factors such as the environment of a particular sport, fitness levels, protective equipment and nutrition.

#### 1) Safe Sports Environment

A safe environment will reduce the number of potential injuries.

The sports environment includes:

1. **Weather**
2. **Facilities**
3. **Surfaces**
4. **Equipment**

Poor, wet or slippery surfaces, lack of goalpost padding or safety netting, obstacles to trip on and sharp objects, can all lead to injury.

Rules of the game need to be enforced and sometimes modified for children.

#### 2) Elements to Fitness

##### 1. **Stretch**

One of the easiest ways to help prevent injury is to warm up and stretch. By warming up your muscles, you make them more flexible.

##### 2. **Fluid**

Adequate fluid intake is important; preferably cool drinks should be taken before, during and after playing sport.

##### 3. **Technique & Training**

Correct technique and appropriate training helps improve fitness. You can minimise injury by keeping an eye on increases in activity and not doing 'too much, too soon'.

### **Playing with injuries**

Make sure that injuries are adequately rehabilitated before going back to playing a sport.

### **4) Types of Protective Wear**

Wear the right protective equipment for the sport you are playing. Types of protective equipment include:

1. Eyewear
2. Mouthguards
3. Wrist, elbow, knee and shin guards
4. Helmets
5. Tapes
6. Braces

### **Preventing mouth injuries**

Mouth injuries can be painful and serious.

Wearing a mouthguard can prevent tooth damage or loss, especially if playing a contact sport.

They act like a crash helmet for the mouth and reduce risk of:

- 1. Cuts to the lip, mouth and tongue**
- 2. Jaw fractures**
- 3. Risk of concussion.**

Mouthguards are U-shaped pieces of plastic that fit between the upper and lower teeth, protectively moulding around the upper teeth.