



Sports Injury Management

Assessing injuries with TOTAPS

Injury management involves identifying an injury, treating it and then returning to the sport. It's extremely important that sports players are adequately rehabilitated before returning to sport. If they are not, the injury can become much worse.

For serious sports injuries, always get help first! For all other sports injuries, remember TOTAPS to assess.

Activity: Fill in the explanation boxes below.

T

Explanation:

O

Explanation:

T

Explanation:

A

Explanation:

P

Explanation:

S

Explanation:

Injury Treatment

Treating injuries with RICER

RICER is used to manage soft tissue injury to reduce scarring and pain for faster recovery. Using RICER immediately can help to stop bleeding and swelling.

What is RICER?

Activity: Research explanations for RICER. Visit www.elastoplastsport.com and click on 'Injury Management and Prevention'. Complete the explanations below.

R _____

Explanation:

I _____

Explanation:

C _____

Explanation:

E _____

Explanation:

R _____

Explanation:

Treating Injuries with HARM

Avoid HARM-ful factors for 72 hours after the injury.

Activity: Firstly discuss with your class what HARM means. Then complete the explanation boxes below with the correct answers.

H _____

Explanation:

A _____

Explanation:

R _____

Explanation:

M _____

Explanation:

Activity:

Divide into groups of three. Each group is to role play a different sports injury scenario. Between your group, nominate different roles - the injured, the coach, the physiotherapist.

Together as a group, determine who plays which role and administer TOTAPS, RICER and HARM.

Group to select a spokesperson to present the role-play to the class.