

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 injuries, like spinal injuries, get help first.

To assess all other injuries, remember TOTAPS!

Listening & note taking exercise

Discuss with the class the different elements to TOTAPS. Students are to complete the boxes for each element based on teacher/class discussion. These are listed below.

TOTAPS

Talk	Ask the player what happened. Where does it hurt? What kind of pain is it?
Observe	Look at the affected area for redness or swelling. Is the injured side different from the other side?
Touch	Touch will indicate warmth for inflammation – touch also assesses pain.
Active movement	Ask the injured player to move the injured part without any help.
Passive movement	If the player can move the injured part, carefully try to move it yourself through its full range of motion.
Skill test	Did the active and passive movement produce pain? If no, can the player stand and demonstrate some of the skills from the game carefully? If an injury is identified, remove the player from the activity immediately.

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? Essential elements for a quick recovery from injury.

Research Activity	
<p>Students to research the explanation for RICER. Refer to the 'Injury Management and Prevention' section of the www.elastoplastsport.com website or the school library. Students to complete blank boxes with the correct answers. Discuss answers as a class.</p>	
REST	<p>Rest reduces further damage.</p> <p>Avoid as much movement as possible to limit further injury.</p> <p>Don't put any weight on the injured part of the body.</p>
ICE	<p>Apply a hot/cold pack to the injury for 20 minutes every 2 hours.</p> <p>Continue this treatment for the first 48-72 hours (ice cools the tissue and reduces pain, swelling and bleeding).</p> <p>Place cold pack wrapped in a towel onto the injured area. Do not apply frozen cold pack directly to the skin.</p> <p>Extra care must be taken with people sensitive to cold (children) or with circulatory problems.</p>
COMPRESSION	<p>Apply Elastoplast Sport Elastic Adhesive bandage or a non-elastic compression bandage, covering the injured area as well as the areas above and below.</p> <p>Compression reduces bleeding and swelling. Check bandage is not too tight.</p>
ELEVATION	<p>Elevate the injured area to stop bleeding and swelling.</p> <p>Place the injured area on a pillow for support.</p>
REFERRAL	<p>Refer the injured person to a qualified professional such as a doctor for definitive diagnosis and continuing management.</p>

Treating injuries with HARM

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

Listening & Note Taking Exercise

Discuss with the class the different elements to HARM. Students are to complete the boxes for each element based on teacher/class discussion. These are listed below.

Heat	Heat increases the bleeding at the injured site. Avoid hot baths and showers, saunas, hot water bottles, heat packs and liniments.
Alcohol	Alcohol increases bleeding and swelling at the injury site, and delays healing. It can also mask the pain of the injury and its possible severity, which may result in the player not seeking treatment as early as they should.
Running	Running or any form of exercise will cause further damage. A player should not resume exercise within 72 hours of an injury unless a medical professional says it is alright to exercise.
Massage	Massage causes an increase in bleeding and swelling, and should be avoided within 72 hours of the injury. If the injury is massaged within the first 72 hours, it may take longer to heal.

Role-play Activity

Form students into groups of three. Each group is to role-play a different sports injury scenario. Each student performs the role of either the injured, the coach and 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.