COLLEGIATE Sports Medicine

ACUTE INJURY TREATMENT

5 easy steps to take to ensure proper management of **Acute Injuries**:

PRRICE PRINCIPLE:

1. **Protect** the injured area from further injury. This includes removing the player from the game and supporting the injured area with a sling, tensor, crutches, splint or tape.

2. **Rest/Refer** Avoid using the injured area for the first 24-72 hours. This will allow the body's healing process to work more efficiently. If there is any deformity, unrelenting pain, deep ache, redness or altered sensation that develops; **Go to the emergency room for evaluation immediately.** If you are ever in doubt about the injury, **refer** your athlete to be seen by their family physician prior to returning to play or work. Athletic Therapists or Physiotherapists may be utilized for further assessment, rehabilitation and bracing.

3. **Ice** Apply ice pack to the injury for 15-20 minutes**.** Repeat every hour for 48 hours. Crushed ice, ice cubes or snow will do the trick. The best method is crushed ice with water in a plastic bag. Place a thin towel between the ice & the skin to protect from irritation. Always place an **injured muscle on a comfortable stretch** to allow muscle to heal in a lengthened position.

4. **Compression** Apply direct compression to the area in the form of a tensor, tape, or bandaging. Be sure not to wrap the bandaging too tightly or to wear it overnight.

5. **Elevate** the injured body part above the level of the heart and ensure the limb is positioned comfortably.

Arnheim's Principles of Athletic Training 13th Ed., 2009

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ICE APPLICATION

1. Why Ice?
   - Reduces pain and muscle spasm
   - Decreases metabolic rate in cells
   - Increases vasoconstriction

   Therefore, it reduces the acute inflammatory response to an injury.
2. Ice Sensations: COLD ⇨ BURNING ⇨ ACHING ⇨ NUMBNESS
   - Time it takes for the 4 sensation changes will vary for different types of tissue:
     - Muscle is a good conductor (Fat is a good insulator)
3. The best type of ice is crushed ice and water in a bag.
   - This solution is usually between +1° C and +10° C therefore it is safe to place directly on the skin
   - Water is a great conductor and with the bag being moist it creates good surface contact for effective cooling
4. Extent to which tissue is cooled:
   - Type of ice method (i.e., Crushed ice/whirlpool/ice massage)
   - Length of exposure
   - Conductivity of area (type of tissue, muscle vs. fat)
5. Amount of time (ice application) depends on:
   - Method
   - Size of Area
   - Type of Area
   - Depth of Target Tissue
6. Precautions
   - Using a frozen gel pack directly on skin (place a thin, moist towel down first)
   - Using any type of cryotherapy for longer than 30 min.
   - Male Testes (not longer than 10 min)
   - Children / Elders (poor circulation) – Always place ice over a thin towel
   - Ice Allergy / Intolerance Conditions - Do Not ice in these cases
   - Any area with compromised circulation
     - Diabetes, some Post-op cases, Raynaud's Phenomenon…

ICE 15-20 minutes on, allow area to re-warm, re-apply...

Always place an injured muscle on a comfortable stretch to allow muscle to heal in a lengthened position. This helps SHORTEN recovery time. Ask a therapist if you do not know the anatomy!!

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