

# Sports Injury Guide

## 1) Achilles Tendonitis

**Symptoms-** Pain on heel cord, calf, or back of heel. Soreness during running or jumping when pushing off because of over-exertion, improper stretching, hard show or sneaker heel, or sudden twist.

**Prevention-** Proper stretch before and after exercise, padded heel in the shoe, and gradual conditioning to activity. Use padded heel cup.

**Treatment-** Apply ice 20 minutes on, 20 minutes off, 3 times daily. Take aspirin/ibuprofen-if not allergic or sensitive-4 times daily, after you have checked with your doctor. Gradually stretch tendon (lean against wall, keeping heel flat on ground). This motion will stretch the upper calf.

## 2) Ankle Sprain

**Symptoms-** Pain, swelling, and loss of motion when walking, resulting from landing on outside of foot and stretching/tearing ligaments.

**Prevention-** Strengthening exercises pre-season. If injured, use proper shoes, crutches, cane, and walk within pain tolerance. Periodically move ankle up and down to prevent stiffness and blood clotting.

**Treatment-** Apply ice 20 minutes on, 20 minutes off, 3 times daily until swelling subsides. Apply ice bandage from toes to upper calf, leaving no openings. Elevate-lie flat with injured foot raised about 18" on a pillow. If pain persists for 3 days, call a doctor.

## 3) Athlete's Foot

**Symptoms-** Itching redness between toes or on sole of foot. Scaly, dry skin caused by a superficial fungus infection, soil in locker rooms, excessive sweating, or dirty socks. Highly contagious.

**Prevention-** Two pair of socks, washed daily. Good covering in shower or locker room and other public places. Powder feet daily.

**Treatment-** Wash feet thoroughly on a daily basis, especially between the toes. Apply antifungal ointment, powder, or spray. Expose feet to air. Wash socks daily and powder over fungal spray during activity.

## 4) Blisters

**Symptoms-** Redness, tenderness, fluid between first and second layer of skin.

**Prevention-** Properly fitting shoes, baby powder with cornstarch in sock, two pairs of socks.

**Treatment-** Drain blister with sterile needle. Puncture blister on bottom side. Apply antibiotic cream and cover with adhesive bandage.

## 5) Choking

**Symptoms-** Inability to breathe, cough, or speak. Grasping neck-bluish lips, nails, or skin.

**Treatment-** Ask: are you choking? If victim can't breathe, cough, or speak, begin Heimlich maneuver (see back inner slide for instructions)

## 6) Concussion/ Head Injury

**Symptom-** Blow to head, knocked out, unconscious, dizzy, nausea, dazed, slurred speech, headache, ringing in ears, sleepy, pupils uneven

**Treatment-** Treat any head injury as an emergency. Get someone to call for help. Stay with victim. Monitor closely for unconsciousness.

## 7) Contusion (Bruising)

**Symptoms-** Pain, swelling, and loss of motion resulting from a direct blow or tearing of muscles.

**Prevention-** Proper conditioning, flexibility, and protective padding if engaging in contact sports.

**Treatment-** Apply ice 20 minutes on, 20 minutes off, 3 times daily. DO NOT APPLY HEAT. While icing, stretch (don't bounce) slowly until you feel tension in the muscle. Apply ace bandage above, over, and below area, leaving no openings for swelling to pool. Exercise within pain tolerance. DO NOT EXERCISE THROUGH SHARP PAIN.

## 8) Earache

**Symptoms-** Pain, discharge from ear. Possible fever. Hearing loss. Pulling at ear.

**Treatment-** see doctor immediately for diagnosis. Report fever and/or discharge. Use prescribed medication as directed. Keep ear dry during bathing.

## 9) Eye-Object In

**Symptoms-** Watery, irritated, painful eye. Reluctance to open eye. **Foreign object visible.**

**Treatment-** Let eye tear, don't rub. If loose, object may dislodge itself, or dab eye gently with clean cloth. If embedded cover both eyes and get medical attention immediately.

## 10) Fractures and Dislocations

**Symptoms-** Severe pain, swelling or bruising. Loss of motion. Protruding bone or deformity.

**Treatment-** Don't move if unconscious or if back/neck injury suspected. Treat breathing/bleeding/shock first. Immobilize injury before moving. Call 911.

## 11) Heat Exhaustion

**Symptoms-** Extreme weakness, pallor, cool/clammy skin, weak rapid pulse, nausea, excessive water and nutrient loss.

**Prevention-** Proper conditioning. If hot/humid outside, remove all excess clothing. If hot/dry, wear loose, light clothing.

**Treatment-** Get out of the sun; go into a cool place or shade. Drink water and/or sports drink. If body is hot, cool down with cold compresses. Be patient and relax.

## 12) Heat Stroke

**Symptoms-** Dry (no sweating) red skin, temperature elevation, and a strong rapid pulse. **This is a medical emergency.**

**Prevention-** Gradual conditioning. No heavy exertion in hot, humid weather (over 90%). Frequent water/shade breaks.

**Treatment-** True emergency-life threatening. CALL AMBULANCE IMMEDIATELY. Cool entire body; place cold packs on pressure points (armpits, groin, temple).

### 13) Ingrown Toenail

**Symptoms-** Pain, swelling, redness at junction of nail and skin because of trauma, improper footwear, improper nail care, and hereditary factors.

**Prevention-** Cut nail straight across and do not cut edges. Wear properly fitting shoes.

**Treatment-** Wear two pairs of socks, soft shoes. Cut "V" in center of nail, apply antibacterial ointment to nail edges, and keep clean. If pain persists, call a doctor.

### 14) Insect Bites and Stings

**Symptoms-** Pain, itching, swelling, redness. If allergic: difficulty with breathing, swallowing.

**Treatment-** Scrape off stinger with fingernail, don't squeeze. Wash with soap/water. Apply cold compress, then calamine lotion. Get help immediately if allergic.

### 15) Jammed Toe

**Symptoms-** Pain, swelling, and loss of motion from jamming toe into surface or tight shoes or from kicking an object.

**Prevention-** Proper footwear and running/walking carefully.

**Treatment-** Place toe in cold water (53°F) 3 times daily for 20 minutes. Move toe up and down within pain tolerance. If pain persists for 3 days, consult a doctor.

### 16) Muscle Cramp (Leg)

**Symptoms-** Immediate tightness and spasm in muscle; pain because of fluid imbalance and improper conditioning.

**Prevention-** Proper diet (apples, bananas, oranges, ketchup) and gradual conditioning to increase flexibility.

**Treatment-** Gently stretch the involved area immediately and gently massage area of muscle where spasm is occurring.

### 17) Nose bleed

**Symptoms-** Bleeding from one or both nostrils resulting from a direct blow or over-exertion.

**Prevention-** Wear protective head gear and avoid contact or over-exertion.

**Treatment-** Do not lie down or place head backward. Instead, clamp nostrils together or place gauze in bleeding nostril. Stand up straight and apply ice.

### 18) Pulled Muscle

**Symptoms-** Pain, swelling, and occasional loss of motion if severe, resulting from over-stretching with activity, extreme muscular fatigue, or sudden twisting motion.

**Prevention-** Stretch muscles before activity.

**Treatment-** Apply ice 20 minutes on, 20 minutes off, 3 times daily. Wrap with ace bandage and do slow, gradual stretch of involved area. When there is no pain upon walking, begin jogging, then increase pace gradually.

### 19) Runner's Cramp

**Symptoms-** Pain and cramping in side of stomach with pain increasing if you continue to run, resulting from loss of fluid while running in hot climate or from over-exertion.

**Prevention-** Eat bananas, apples, or ketchup and drink water or a sports drink. Avoid eating a heavy meal 2 ½ hours before activity/exercise. Gradual conditioning for activity.

**Treatment-** Apply pressure with hand directly on the area of pain. Then slowly stretch out the cramped area.

### 20) Shin Splints

**Symptoms-** Pain on middle, inside, or outside of lower leg because of improper footwear, poor flexibility, heavy running, and running on hard surface.

**Prevention-** Good footwear, gradual conditioning, and flexibility. Change running surfaces regularly.

**Treatment-** Apply ice on painful area before and after activity. Run less until pain subsides; if pain persists, get X-ray 10-14 days after symptoms begin; do calf stretches and get soft heel pad for shoes.

### 21) Tennis Elbow

**Symptoms-** Pain on outside of elbow during gripping movement. Swelling because of improper swinging motion or overuse.

**Prevention-** Stretch muscle by bringing palm down, hold and repeat 5 times. Then bring wrist up, hold, and repeat 5 times. Strengthen wrist by holding weight and moving hand up and down 20 times, 3 times daily.

**Treatment-** Apply ice 3 times daily, 20 minutes on and 20 minutes off, before and after activity. Stretch hand in all motions and re-adjust strokes to eliminate those that produce pain.

### 22) Tooth injury

**Symptoms-** Tooth knocked out or chipped off painful, bleeding facial swelling

**Treatment-** Dental emergency-if knocked out, find tooth, put in water, transport immediately. If tooth chipped call or go to dentist.