

INJURY MANAGEMENT

MINIMISE ANY FURTHER DAMAGE

DECREASE SWELLING / BLEEDING

R. REST : STAY OFF INJURY / DO NOT USE JOINT

I. ICE : FRESH ICE WRAPPED IN TOWEL ETC

- 20 MINUTES ON

- WAIT FOR CIRCULATION TO RETURN BEFORE

RE-ICING

a. skin colour normal

b. skin temperature normal

- CONTINUE TO ICE WHILE PAINFUL OR SWOLLEN / PUFFY

C. COMPRESSION:

- FIRM BUT COMFORTABLE ELASTIC BANDAGE

WHILE NOT ICING

E: ELEVATE:

- RAISE INJURY ABOVE SHOULDER OR HIP TO ASSIST

WITH GRAVITY DRAINAGE

R: REFERRAL: EARLY INTERVENTION CAN DECREASE SEVERITY OF INJURY AND RETURN TO SPORT SOONER WITH LESS CHANCE OF RE-INJURY.