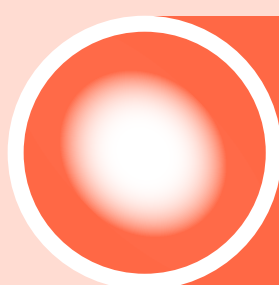
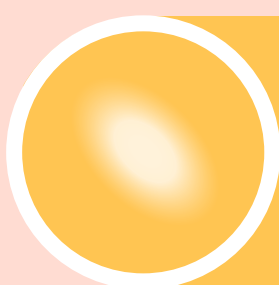


# NON-LIFE THREATENING INJURIES

## INJURIES & TREATMENTS



**CONTUSIONS** : Injury in which a direct blow to the body causes soft tissue bleeding. Bruising can range from mild to severe. They are generally treated with the **PEACE** and **LOVE** method\*.



**ABRASIONS** : Scraping or wearing away of the skin

To provide aid for a laceration or abrasion:

1. Apply protective gloves
2. Use a sterile gauze pad to remove blood, dirt, or foreign material from the wound
3. Use direct pressure to stop active bleeding
4. Use alcohol or hydrogen peroxide on another gauze pad to clean the wound
5. Apply antibiotic ointment to help prevent infection before covering the wound with a clean bandage
6. If you suspect stitches may be needed, refer the athlete to urgent care via their parent or guardian



**LACERATIONS** : Deep cuts or tears in the skin



**STRAINS** : Mild to severe tearing of a muscle or tendon. Medium and severe cases may require further evaluation by a medical professional, but minor cases can be treated with the **PEACE** and **LOVE** method\*.



**SPRAINS** : Partial or complete tear of a ligament which connects two bones. Medium and severe cases may require further evaluation by a medical professional, but minor cases can be treated with the **PEACE** and **LOVE** method\*.



**SUBLUXATIONS** : Separation of the bones in a joint where the bones return to the joint. Treat with the **PEACE** and **LOVE** method\*.



**DISLOCATIONS** : Separation of the bones in a joint where the bones do NOT return to the joint. Athlete should be evaluated by a medical professional and treated by EMS if required.



**FRACTURES** : Partial or complete break in a bone. All athletes with suspected fractures should be immobilized and referred to the nearest emergency department.

Fractures can be **open** (broken bone breaks through the skin), or **closed** (broken bone stays within the skin). A closed fracture is sometimes easily observed by an abnormal bend, protusion, or bump, but if no deformity presents, look for tender points on the bone, or significantly increased pain in the general area of the injury.

## \*PEACE & LOVE METHOD

**To RICE or Not To RICE?** For many years, RICE was the go-to method for treating many mild to moderate athlete injuries. However, recent studies show that prolonged rest and icing may actually slow the body's natural healing process. Therefore, a better method is **PEACE** and **LOVE**.

### IMMEDIATELY FOLLOWING THE INJURY

**P**

#### PROTECT

Avoid activities that increase pain for 1-3 days

**E**

#### ELEVATE

Raise the injured limb above the heart

**A**

#### AVOID

**ANTI-INFLAMATORIES**  
NSAIDs and excessive icing may slow healing

**C**

#### COMPRESS

Use elastic wraps to reduce swelling

**E**

#### EDUCATE

Understand your injury and avoid unnecessary medical interventions

### A FEW DAYS AFTER THE INJURY

**L**

#### LOAD

Gradually add weight-bearing activities

**O**

#### OPTIMISM

Maintain a positive mindset for recovery

**V**

#### VASCULARIZATION

Engage in light cardio exercises to boost blood flow

**E**

#### EXERCISE

Use pain-free exercises to restore strength and mobility

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