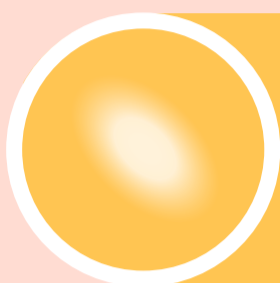


NON-LIFE THREATENING INJURIES

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 **RICE** 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 **R.I.C.E.** 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 **R.I.C.E.** method*.



SUBLUXATIONS : Separation of the bones in a joint where the bones return to the joint. Treat with the **R.I.C.E.** 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.

*THE R.I.C.E METHOD

R

REST

Avoid using the injured body part. May involve crutches, slings, or walking boots.

I

ICE

Reduce inflammation by applying bags or packs of ice for 20 minutes every 1–2 hours.

C

COMPRESSION

Compress the wound by using a compression wrap which can be worn continuously except for bathing or showering. Wrap should not inhibit circulation by being too tight.

E

ELEVATION

Keep the body part above the level of the heart to reduce pain and swelling.

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