

# Sports Medicine & Science Department

National Olympic Academy of  
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Sports Medicine & Science Department

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# Treatment sequences in Sports Injuries

- Check for the critical situations
- Control of acute phase
- Treatment of injury
- Rehabilitation
- Biomechanical correction
- Technique correction



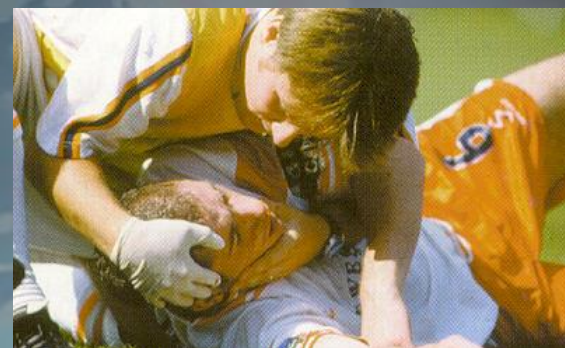
# Principle of treatment:

- 1- Minimize the extent of initial damage
- 2- Reduce associated pain and inflammation
- 3- Promote healing of damage tissue.
- 4- Maintain flexibility, strength, proprioception & overall fitness during the healing phase
- 5- Functionally rehabilitate the injured athlete to enable return to sport
- 6- Assess and correct any predisposing factors to reduce the likelihood of recurrence



# Sports Field Injuries

## ● Critical Injuries





# Duties in First Aids

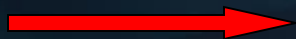
- Shouting for help
- Approach with Care
- Free of danger
- Evaluation of ABC
  - » A: Air way
  - » B: Breathing
  - » C: Cardiac
- (Basic life support)





# Sports Injuries

## Trauma



Bone fracture / Soft tissue rupture



Bleeding



Inflammation



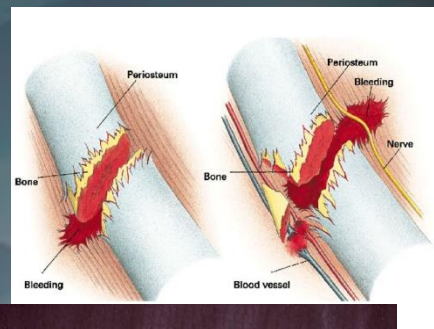
Pain

Swelling

Heat

Redness

Loss of function



AIDIL



# Primary Cares in Sports Injuries

## PRICE D

- Protection
- Rest
- Ice
- Compression
- Elevation
- Drugs





# Primary Cares in Sports Injuries

**P R I C E**

Protection







# Primary Cares in Sports Injuries

**P R I C E**

Rest

- Cease activity
- Crutches
- Slings





# Primary Cares in Sports Injuries

## PRICE

### Reduce Pain

- Decreases pain (analgesic)

### Vasoconstriction

- Reduce bleeding
- Reduce BMR of tissue demands on O<sub>2</sub> & Nutrients)
- Decrease Inflammation
- Decrease muscle spasm

- Leave in place for at least 72 hours







# Primary Cares in Sports Injuries

## P R I C E

### Compression

Reduce bleeding & swelling

- During & After ice
- Not so tightly
- Distal to proximal
- Leave in place for at least 72 hours





# Primary Cares in Sports Injuries

## P R I C E

- Reduces internal bleeding
- Eliminates the effects of gravity on blood pooling in the extremities
- Assists the veins in returning blood to the heart
- Elevate as much as possible in first 72 hours

### Elevation



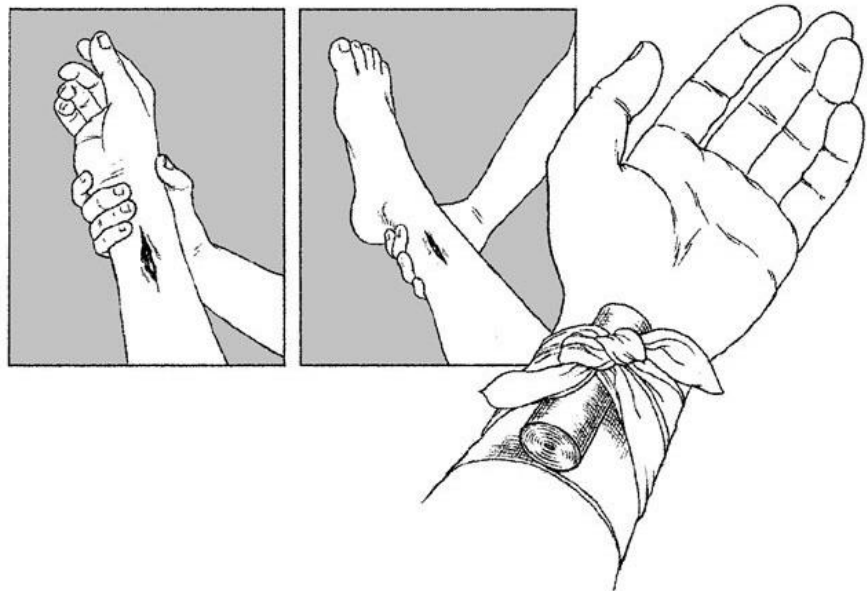




# Primary Cares in Sports Injuries

## P R I C E

### Bleeding





# Primary Cares in Sports Injuries

PRICED

Drugs

NSAIDs





# Contraindications in the first 24 hours:

- Heat
- Heat rub
- Alcohol
- Moderate/intense activity
- Vigorous massage











Thank you for your  
attention.

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