

Injury Management

Coaching Association of Canada: Coaching Theory 1982

Injury Management Programme

all coaches have a duty to do their utmost to prevent injury. If injuries do occur, these should be managed promptly and efficiently. It is therefore essential that all coaches require an understanding of the methods by which injury can be reduced and a basic idea of sports injuries management. The ensuing items should assist coaches in the drawing up of their own injury management programme.

1. First Aid Certificate

2. First Aid Kit

Every first aid kit should include at least the following and be available for immediate use at all practices and matches.

- 1. Sterile dressing e.g.**
- 2. gauze;**
- 3. adhesive tape;**
- 4. plasters;**
- 5. antiseptic cream;**
- 6. antiseptic solution;**
- 7. eye wash;**
- 8. elastic wrap;**
- 9. scissors;**
- 10. splints;**
- 11. mild antiseptic soap;**
- 12. cold packs;**
- 13. bandages;**
- 14. a list of emergency telephone numbers**

3. Causes & Prevention of Injuries

Causes & Prevention of Injuries

Some important aspects to be considered when drawing up an injury management programme are suggested. An awareness of these concepts will benefit both players and the coach to experience a season free of injury

Causes of Injury-

- 1. Equipment**
- 2. Fields**

3. Rules
4. Physical Conditioning
5. Prevention of Injury-
6. Good Equipment
7. Sound Knowledge
8. Safe Playing Techniques
9. A well planned physical preparation programme
10. A warm up and a cool down routine
11. An effective stretching programme
12. Adequate treatment with positive results
13. Sound health habits

4. Principles of Treatment

Principles of Treatment

The following will highlight common hockey injuries, their treatment objectives and how they should be treated

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Cuts, bruises and scrapes.

Treatment Objectives:

1. Stop the bleeding
2. Cleanse the wound thoroughly
3. Protect the wound

Treatment:

1. Apply direct pressure
2. Adequate rinsing with a forceful stream of clean water
3. Once clean, gently rinse to ensure the wound is completely clean.
4. Use a clean dressing to cover the wound

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The Bloody Nose

Treatment Objectives:

1. Stop the bleeding

Treatment:

1. Sit the person down with knees bent
2. The head should rest between the knees
3. Place ice or cold pack on the nape of the neck
4. Pinch the nostrils

5. DO NOT BLOW NOSE

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Strains (injury to a muscle tendon e.g. the hamstring) and Sprains (injury to ligaments e.g. an ankle)

Treatment Objectives:

1. Limit swelling

Treatment:

1. Rest
2. Ice
3. Compression
4. Elevation

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Unconscious Player

Treatment Objectives:

1. Requires immediate medical assistance
2. **GET HELP!!!**

Treatment:

1. First aid is limited to-
 - A- Airways
 - B- Bleeding/ Breathing
 - C- CPR/ Contact Medical Help
2. **DO NOT MOVE** injured person in case of serious neck and back injuries
3. Heat Injury Symptoms
4. Dry, Hot Skin with no sweating
5. Confusion
6. Dizziness
7. Chills on the chest

Treatment:

If Conscious

1. Cool person down immediately
2. Remove any head gear or heavy clothing
3. Douse with cold water, ice or ice towels
4. Give cool liquids by mouth
5. If improvement is not quick- **GET HELP!**

If Unconscious

1. Remove clothes
2. Cool by packing body with ice, cold towels or douse with cold water
3. **DO NOT GIVE LIQUIDS BY MOUTH**
4. Call an ambulance
5. Give CPR if person stops breathing

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KEY POINTS TO REMEMBER

1. Have a 'game plan' on who to call, how to call and what to do in case of serious injury
2. Remember to bring first aid kit to practices and matches
3. The essentials of wound care i.e. stop bleeding, cleanse wound, protect wound
4. Remember the ABC and RICE
5. Know and practice CPR.

5. Rehabilitation

Rehabilitation should be supervised by a physiotherapist involved in this form of treatment. The player should not return to match until full mobility and stretch and at least 80% of normal strength and endurance has been achieved and should return to training in a pain free context

6. What to do in the event of injury.

What to do in the event of injury.

When a player has been injured and cannot continue immediately, he/she should be removed from the field of play, **EXCEPT** in the case of a suspected severe injury, the player concerned should not be moved without qualified medical supervision

once off the field of play, the following assessment should be made:

An injury that obviously is severe should be referred to a doctor

Mental pressure **NEVER** should be exerted on the player to re-enter the field of play

Any injured player that is unable to participate completely and freely and with unhindered movements should **NOT** be allowed to resume play.

An indemnity form should be filled in by the parent/ guardian in the case of minors

An injury report form should be completed as soon as possible and should be submitted to the correct authorities in the case of any insurance claims been made.

7. Summary

Requirements for the development of an injury management programme.

First Aid Certificate

First Aid Kit

Causes of injury due to -

1- External Force

2- Internal Force

3- Overuse or unaccustomed use

Prevention of Injury

i.e. Sound knowledge, equipment, physical preparation and health habits

Principles of Treatment-

A- Airways

B- Breathing

C- C.P.R

R- Rest

I- Ice

C- Compression

E- Elevation