UNIT 3: RESPONDING TO INJURIES

ACUTE INJURIES



EXAMPLES

CAUSED AS A RESULT OF SUDDEN TRAUMA. E.G. A HARD TACKLE IN RUGBY OR BEING HIT BY THE BALL IN CRICKET

IT RESULT IN IMMEDIATE
PAIN, USUALLY SWELLING
AND OFTEN LOSS OF
FUNCTION TO THE EFFECTED
PART-

CHRONIC INJURIES

Achilles Tendonitis

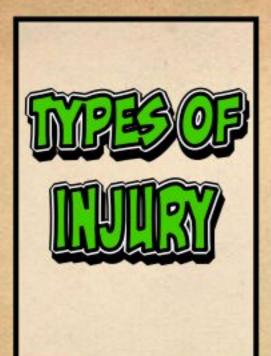


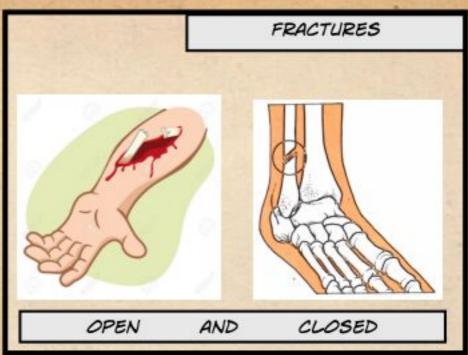


THESE ARE KNOWN
AS OVERUSE
INJURIES CAUSED
BY CONSTANT USE
OF AN AREA- THESE
INJURIES HAPPEN
GRADUALLY OVER
TIME

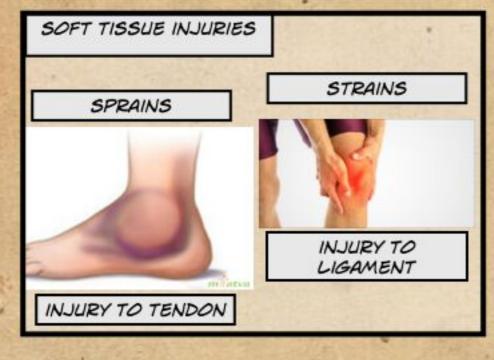
E-G- ACHILLIES TENDONITUS, SHIN SPLINTS, TENNIS ELBOW









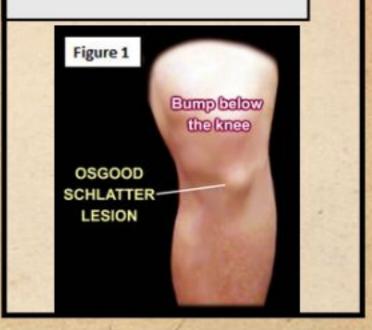




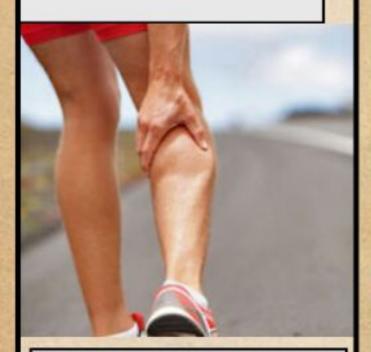
BLISTERS ON FEET DUE TO ILL FITTING FOOTWEAR



INJURIES IN CHILDREN



CRAMPS



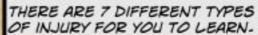
ABRASION - CUTS & GRAISES



THIS IS A PAINFUL CONTRACTION THAT IS BROUGHT ON BY MUSCLE SPASM OR OVER SHORTENING.

A COMMON PLACE TO GET CRAMP IS IN THE CALF, ESPECIALLY IN ACTIVITIES THAT REQUIRE A LOT OF RUNNING.

IT IS TREATED BY REHYDRATING AS WELL AS STRETCHING.





RESPONDING TO AN INJURY













(Rest Ice Compression Elevation)



STRETCHING AND MASSAGE THERAPY





HOT AND COLD THERAPY

HEAT PACKS & FREEZE SPRAY

EMERGENCY ACTION PLANS

EMERGENCY PERSONNEL -FIRST AIDER

EMERGENNCY COMMUNICATION - EMERGENCY TELEPHONE NUMBERS

EMERGENCY EQUIPMENT -FIRST AID KIT, EVACUATION CHAIR SALTAPS- ON FIELD ASSESSMENT



SEE - DID YOU SEE IT HAPPEN ASK - WHERE DOES IT HURT? LOOK - IS IT MISS SHAPEN? TOUCH - IS IT HOT ACTIVE - CAN THEY MOVE IT? PASSIVE - CAN I MOVE IT? STRENGNTH - CAN THEY PUT WEIGHT ON IT

SUPPORTING TREATMENT



BURNE





