

## MUSCULOSKELETAL INJURIES

**Sprain** - Injury to the ligaments, which are the structures that hold a bone to another bone.

**Strain** - Injury to the muscle or muscle fibers

**Fracture** - a complete fracture of the bone, non-displaced vs. displaced

**Stress fracture** - a partial or incomplete fracture of bone that occurs when repeated rhythmic submaximal loads applied to the bone produce a crack in the bone

### Prevention:

- Proper warm up/cool down that includes both static and dynamic stretching
- Evaluate your players for proper biomechanics to minimize the chance that improper mechanics may cause injuries.
- Use a training program that allows players active rest and periods of recovery from high-level training and competition.
- Proper fitting equipment, bracing

### Signs & Symptoms:

- Swelling
- Discoloration
- Loss of motion
- Visual deformity (dislocation, fracture, tear)
- Tenderness (pinpoint vs. diffuse)
- Numbness/tingling
- Weakness

### What To Do:

- Stop activity
- RICE (Rest, Ice, Compression, Elevation)
- Immobilize if severe (splint, sling, wrap, etc.)
- Life/limb threatening call 911
- Follow up care with ATC or MD

### What NOT To Do:

- Don't use heat while actively swelling (usually first 48 hours)
- Don't try to replace a dislocation/fracture (MD only)
- Don't give medicine (unless authorized to do so)

# HEAT ILLNESS

## HYDRATION IS CRITICAL TO EVERY FUNCTION IN THE BODY

### PREVENTION:

1. Drink 20 oz of liquid (water, Gatorade) 2-3 hours BEFORE practice
2. Drink 6-12 oz of liquid every 15-20 minutes DURING practice
3. Drink 24 oz of liquid for every pound lost in practice AFTER

Weigh athletes before and after practice to see how much sweat was lost. This must be replenished to prevent dehydration.

## RED FLAGS

### DEHYDRATION

- \* Noticeable Thirst
- \* Weakness/ Fatigue
- \* Headache
- \* Irritability
- \* Nausea
- \* Muscle Cramping
- \* Decreased Performance
- \* Difficulty Paying Attention
- \* Lightheaded or Dizziness
- \* Dark Yellow Urine

### HEAT EXHAUSTION

- \* Weakness
- \* Heavy sweating
- \* Cool, moist, pale, ashen or flushed skin
- \* Headache, nausea, dizziness

### HEAT STROKE

- \* Red, hot skin
- \* Vomiting
- \* Changes in level of consciousness

## WHAT TO DO

- Move athlete to a cool place
- Loosen tight clothing and remove perspiration soaked clothing
- Apply cool, wet cloths to the skin
- If the athlete is conscious, give small amounts of cool water
- IF THE ATHLETE REFUSES WATER, VOMITS, OR STARTS TO LOSE CONSCIOUSNESS, **CALL 911 IMMEDIATELY**

## Do & Don't

**DO:** Schedule practice during cooler times of the day

**DO:** Wear proper equipment and adjust accordingly

**DO:** Make sure athletes are properly hydrated BEFORE practice/competition

**DO:** Schedule and enforce FREQUENT water breaks

**DO:** Reduce or cancel practice if it is excessively hot or humid

**DON'T:** Do not use salt tablets

**DON'T:** Punish athletes by withholding water breaks