

SIGNS OF INJURY



- Pain
- Tenderness at the area
- Evident swelling
- Decreased range of motion
- Muscle weakness

INJURY MANAGEMENT



Apply the POLICE principle

Protection: Protect yourself by stopping the activity and preventing any further tissue damage.

Optimal Loading: Allows your body to rest and then slowly start reintegrating loading/activity at the affected area.

Example: Ankle pain after activity - rest then slowly start gentle movements of the joint within pain limits.

Crutches, braces and supports can be used in conjunction with rest to regulate optimal loading.

Ice: reduces the impact of pain receptors in the affected area

Compression: serves to prevent swelling as a result of the inflammatory process. Additionally compression reduces bleeding at the site of tissue damage.

Elevation: Keeping the injured body part above the heart to reduce swelling, associated pain and discomfort.



CATEGORIES OF INJURIES

Injuries are classified according to the manner or cause of injury.

Injuries may be due to trauma (acute) or due to overuse (chronic)

Traumatic :

- **Direct (collision)**

- **Indirect (overstretching, poor technique, fatigue or lack of fitness)**

Overuse injuries :

- **Extrinsic - external factors that have influence**

Training errors

Equipment

Temperature

Playing surfaces

- **Intrinsic - factors within the body**

Age

Physiology (flexibility, muscle weakness, endurance)

Size of individual

Movement patterns

INJURY PREVENTION STRATEGIES



WARMING UP

(duration 5-10 minutes)

Prepares your body for physical activity by:

- Increases blood flow to active muscles
- Loosens muscles
- Increases heart rate

Warming up can consist of

General activities:

- Jogging, skipping or brisk walking
- Dynamic stretching

Sports specific:

- A low intensity activity specific to your sporting code
- Example : A slow jog before long distance running

COOLING DOWN

(duration 5-10 minutes)

It's important to gradually return back to your resting state after high intensity activity to help:

- Decrease heart and respiratory rate
- Prevent dizziness
- Reduce post exercise muscle soreness
- Preparation for prospective exercise routines/activity

Examples of cool down activities:

- Jogging, brisk walk or marching on the spot
- Stationary stretching



DISCLAIMER

The information given in this brochure is purely to educate and make people aware of injury prevention.



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GUIDELINES TO:

INJURY PREVENTION