



INJURY MANAGEMENT

Nobody likes being on the sidelines as a result of injury. To ensure a rapid, healthy recovery and return to the game quickly and safely correct injury management techniques need to be utilised.

It is important that clubs and associations provide the correct injury management advice and treatment for their players. Smartplay recommend all clubs and associations provide a qualified first aider or sports trainer, supply a fully equipped first aid kit, and educate players on the basic principles of injury management.

The best treatment for a soft tissue injury is using the "R.I.C.E.R." – injury management approach. R.I.C.E.R. should be initiated immediately after injury and continued for 48-72 hours.

R.I.C.E.R

REST

- Place yourself in a comfortable position
- Keep the injured area supported
- Avoid using the injured area for at least 48-72 hours

ICE

- Apply ice to the injured area for 20 minutes, every 2 hours for the first 48-72 hours after injury
- Do not apply ice directly to skin, use a wet towel or plastic bag
- Applying ice will reduce swelling, pain and bleeding

COMPRESSION

- Apply a firm wide elastic bandage over the injured area, above and below the injury site
- Between ice treatments maintain bandage compression
- Applying a bandage will reduce bleeding and swelling and also provides support for the injured area

ELEVATION

- Raise the injured area above the level of the heart at all times
- A pillow can be used to provide support and comfort
- Elevating the injured area reduces bleeding, swelling and pain

REFERRAL

- As soon as possible after injury arrange to see a qualified health professional such as a Doctor or Physiotherapist
- This will determine the extent of your injury and provide advice on treatment and rehabilitation required.