



By Amber Hardy
Head Athletic Trainer

Injury Treatment & Recovery

It is crucial to reduce swelling and pain as quickly as possible allowing for faster recovery. After an injury, the muscle or joint will not be as strong as before the injury. Rest alone is not enough; this is when strengthening is vital. Returning to play without allowing the injury to completely heal and recover strength puts the athlete at risk for a repetitive injury which is often more serious.

Warm-up and Cooldown are Critical

Warming up increases body temperature to create more elasticity in the muscles and joints.

Cooling down returns heart rate and blood pressure back to its normal state.

Remember R.I.C.E.

Note the difference between being injured and sore—*R.I.C.E. is required only after injuries.*

REST: the injured area
ICE: Apply directly to the injured area for 15-20 min (if skin turns red or blisters, place a thin towel between)

COMPRESSION: Use a wrap to apply pressure; start at the bottom and move up.

ELEVATE: Raise the area above the heart to decrease swelling/pain.

References

Broglio, S. P.; Cantu, R. C.; Gioia, G. A.; Guskiewicz, K. M.; Kutcher, J.; Palm, M.; Valovich McLeod, T. C. (2014). National Athletic Trainers' Association Position Statement: Management of Sport Concussion. *Journal of Athletic Training*. 49(2), 245-265. doi: 10.4085/1062-6050-49.1.07.

Mannix, P. *Injury Prevention*. Retrieved from <http://www.recognizetorecover.org/injury/#injury-prevention>.

Concussion Awareness

A concussion is defined as a trauma-induced alteration in mental status that may or may not involve loss of consciousness.

Every three minutes, a youth athlete is seen for a concussion. They can happen in any sport or recreational activity, but have an increased risk in sports where contact with another athlete is common.

Training & Strengthening

Training and strengthening enhances the body's natural protection systems, especially for knees and ankles.

Muscles around the joints can be strengthened through consistent practice of specific exercises (walking lunges, single leg toe raises, single leg hops, push-ups, etc.).