



## INJURY INSTRUCTION SHEET

You have sustained an injury. This injury may produce swelling and turn black and blue, however, this is a normal response to the injury sustained. Listed below are several steps to help manage your injury. Please do not apply heat to the injured area for at least 24-48 hours.

### **IMMEDIATE CARE**

- 1) **Rest** – Remain off the injured area as much as possible for the first few hours. Keep the area elevated whenever possible.
- 2) **Ice** – Ice packs should be applied for 15-20 minutes about 4-5 times per day. Two hours should pass between applications. Use care when applying the ice. The area may burn slightly, turn red, and become numb – this is normal. However, if the area turns blue or numbness occurs elsewhere, remove the ice and put a towel between the ice and skin. If these symptoms persist, discontinue the use of ice.
- 3) **Compression** – If applicable, use an ace wrap to provide compression to the injured site at all times except when icing or when showering. At night, leave the wrap on, but loosen it so circulation continues (i.e. to fingers or toes). The ace wrap will help remove the swelling from the area. The wrap should be applied in a spiral fashion from the farthest point towards the body. Even tension should be applied throughout the wrap. Loosen the wrap if the area below the injury turns blue or if feeling is lost below the injured area (i.e. fingers or toes).

The following are suggestions for care of this injury:

- Follow the above instructions.
- Schedule a complimentary orthopedic screen at an Athletico Physical Therapy center.
  - The nearest Athletico to Marian Catholic is:  
Flossmoor  
19801 Governor's Highway, Suite 100  
Flossmoor, IL 60422  
P: 708-647-1500 / F: 708-647-1800
  - Go to the emergency room/urgent care center or follow-up with your family physician.

If there are any other questions do not hesitate to contact the Athletic Trainer.

***Better for every body.***

Athletico provides orthopedic rehabilitation and fitness services. For information about our services or to receive a complimentary injury screen, please call 1-877-ATHLETICO or visit [www.Athletico.com](http://www.Athletico.com) for a location.

***This guideline is for information purposes only and does not constitute medical advice.***