INJURY MANAGEMENT AND PROCESS

Acute Injury Management

An acute injury is a sudden injury that is usually associated with a traumatic event. Immediate post-injury healing processes commence.
The inflammatory phase is the start of the healing process whereby the body replaces injured/destroyed tissue with new/living tissue.

Immediate treatment of injuries in the first 72 hours should utilise the POLICE protocol

Protect
To protect the injured tissue from undue stress that may disrupt the healing process and/or cause further injury.

Unload injured area and avoid movements which cause pain in early stage.

May use bandage, strapping or bracing to support injured area.

Optimal **L**oading
Overall general activity should be reduced following an injury.

Stress on the injured tissue should be avoided during the early phase of healing.

Functional treatment including gentle range of movement exercises, static muscle contractions and walking with support as required as soon as able

Ice
Ice should be applied immediately following an injury. A damp towel should be placed between the ice and the skin to avoid an ice burn.

Ice every 1-2 hours for 20 mins. Do not keep ice on for longer than 30 mins at a time.

DO NOT return to playing/training immediately after use of ice, warm up again first.

Compression
Limits unnecessary accumulation of swelling. Use compression which configures to body part to ensure pressure is uniform throughout. Compression bandage is better than tubigrip.

Always apply compression from distal to proximal (ie foot to hip).

Elevation
Elevate the injured part above the heart as much as possible during the first 72 hours following injury.

Ensure the injured part is well supported in the elevated position.

Gradual return to standing after elevation to maintain effects as long as possible.

Do no HARM in the first 72 hours – avoid:

Heat – As could increase bleeding and swelling

Alcohol – May increase bleeding and delay healing

Running/re-injury – Healing tissue cannot manage the impact of running or re-injury

Massage – Over the injured area may increase bleeding and swelling

Also avoid use of non-steroidal anti-inflammatories such as ibuprofen.

RECOVERY

When?

- Immediately after training sessions/games
- Later the same day
- Following days
- Between games/sessions if more than one in same day

Why?

- Provide appropriate fuel for body to recover and repair
- Reduce pain from knocks/injuries
- Reduce swelling and inflammation
- Reduce muscle spasm
- Relief from some exercise induced muscle damage

RECOVERY CHALLENGE

How to make sure after matches & training you are ready to go the next day!

How many points can you get?

100+ = World Class
80-99 = Elite
60-79 = Average
0-59 = Poor

COMPULSORY	
Rehydrating +30	Have a sugar free drink, available throughout the day.
Refuel +30	Have a protein based snack available for post-training, see other posters for information.
Sleep (8hrs +) +30	Make sure you get a minimum of 8 hours of sleep a night!
DESIREABLE	
Foam Roll +15	Roll out the main muscle groups to reduce muscle tension.
Stretch +15	Static mobility helps to maintain muscle length & range of movement.
OPTIONAL	
Compression +10	Can help reduce the feeling of fatigue by removing waste products produced by activity.
Ice Bath +10	Can help reduce the feeling of fatigue by removing waste products produced by activity.
Recovery Swim +10	A gentle swim with some static stretching to improve dynamic mobility, reduce fatigue & soreness.
Recovery Walk +10	A gentle 20 min walk which reduces soreness & stiffness.

HYDRATION

Maintaining adequate hydration is important for performance, it helps to maintain an efficient cooling system and keeps the kidneys, respiratory system and cardiovascular system working.
Dehydration reduces mental functioning and skill co-ordination, so will have an extra impact on your skills and decision making. High levels of dehydration increase the risk of nausea, vomiting and diarrhoea during exercise and slows the rate you can absorb fluids.

It is impossible to 'train' or 'toughen up' your body to handle dehydration.

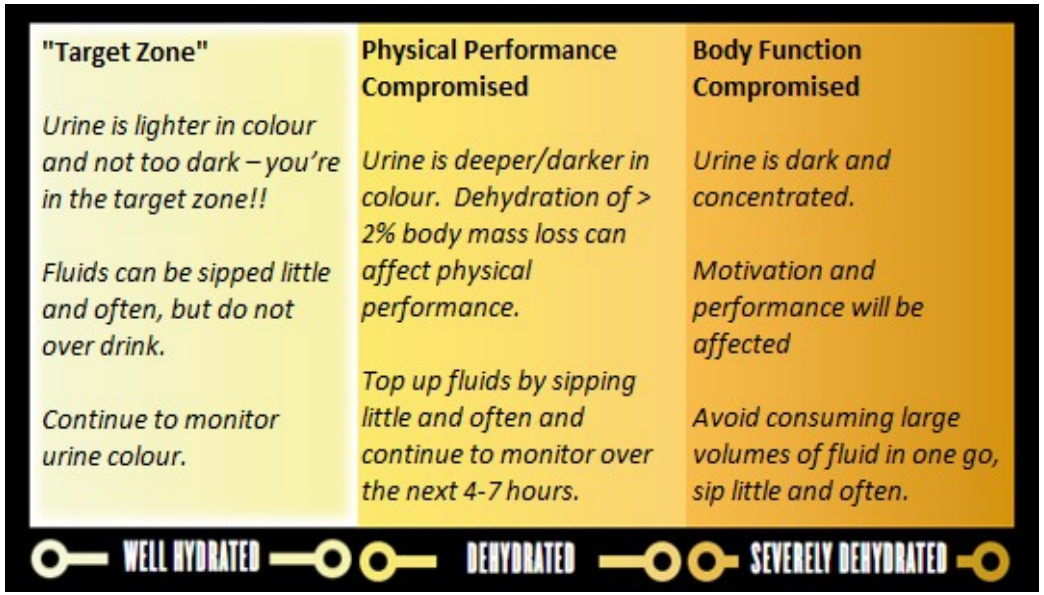
How much do you need?

Basic daily fluid needs is calculated by multiplying your body weight in kilos by 50mls, for example an 80kg player will need 4 litres of fluid a day to stay well hydrated (80 x 50 = 4000mls).

Sweat during exercise sessions will affect this and this varies between players. The easiest way to estimate how much sweat you lose is to weigh yourself before and after exercise:

- Each kilo of weight lost is equal to a litre of fluid lost
- Therefore you should drink 1.5 litres of fluid for every kilo of weight lost

Use the urine colour chart and the aim for a morning urine colour to the left hand side.



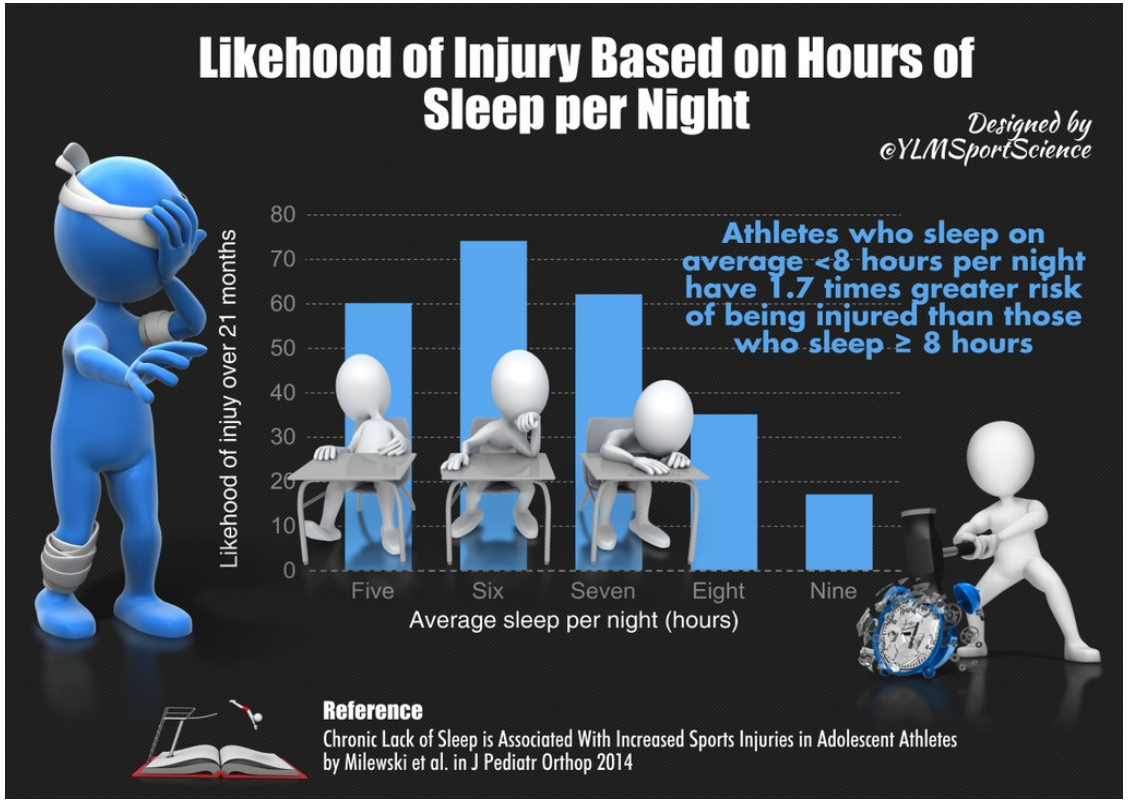
Practical Recommendations

- Always take a full drinks bottle to training and competitions
- Always start an exercise session well hydrated. Drink 300-500mls of water before your session
- Aim to drink regularly to offset fluid losses, remember the more you sweat, the more you need to drink
- Start rehydrating after exercise – how much fluid you need will depend on how much you have lost in sweat
- When travelling, take extra drinks with you. Air travel, air conditioning and altitude will all increase your fluid requirements.

SLEEP GUIDANCE

To sufficiently recuperate, it is recommended to get between 7-9 hours sleep per night.

A good night's sleep can have a positive impact on physical and cognitive performance, and just as importantly, essential immune and metabolic processes occur during specific sleep stages.



Sleep Guidelines

- Develop patterns of sleeping and waking times
- Practice relaxation techniques before going to bed
- Make the bedroom as dark and quiet as possible
- Maintain a cool environment within the bedroom
- Avoid using electronic products at least 30 minutes before going to bed