

Question 25 - Sports Medicine

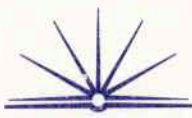
a) Direct injuries are injuries caused by an external force, by being hit by something eg getting hit with a ball in cricket or by getting hit with a stick in hockey. An indirect injury is an injury caused by an internal force eg twisting a knee in soccer or pulling/tearing a hamstring in sprinting. Direct injuries can often ~~result~~^{cause} indirect injuries eg getting kicked in the ankle and twisting a knee.

b) Physical preparation plays a huge role in the prevention of sports injuries. There are a number of aspects to ensure proper physical preparation has been established, ~~these are~~, flexibility, endurance, safe-sporting movements, warm up, stretch, warm, down, skills are just a few.

To ensure an individual doesn't injure themselves they need to be at their



maximum flexibility, they need to be able to use their full range of movement, they need to be at their endurance levels, they need to be able to go as long as they need to, be able to last and not get fatigued or that will lead to injury eg if a runner pushes themselves when they are fatigued they may pull a muscle. They need to be able to perform all sporting movements required of them safely, if they cannot perform a skill properly it will lead to injury eg tennis elbow from poor technique. Before performance they require a good warm up and stretch to get their body warmed up and prepared and afterwards they need to warm down to stop cramping and stiffness eg if they don't warm up/stretch properly it will lead to pulled muscles and mental preparation is important if an athlete doesn't want to or if their mind



its on their performance it will lead to injury eg a footballer could get in a bad tackle if they don't concentrate.

So if an athlete is physically prepared in all aspects they are at low risk of being injured.

C There are many pressures on athletes to return to play after injury, these may come from peers/teammates, coach, family, fans/spectators & themselves^{or sponsors}. There are a number of rules and procedures you have to go through before the athlete should be able to return to play.

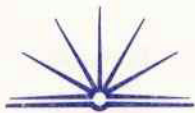
If it is during a game the injury has occurred then the coach or team doctor has to assess the athletes ~~and decide~~ ~~operations~~ ~~which~~ ~~is~~ Are using the acronym **TOTAPS**. **T**alk to the athlete, where does it hurt etc. to determine the site of the injury, **O**bserve the injury site for any bruising or swelling, **T**ouch the injured site to feel



for any pain, Active movement, if + ask the player to move the injury for themselves if they aren't able to move it they must not return to play and treat with RICE but if they are able to move it then move on to Passive movement in which the coach or team doctor moves the injury if the movement hurts stop and they must not resume play but if the site is free of pain ask the athlete to perform a Skills test. If they are able to perform all skills that are required in their game or event they may return to play but if they cannot perform all skills they previously could they mustn't return to play.

If an athlete sustains a head injury they must not return to play, even if they feel fine, until they have a clearance from their doctor.

If an athlete is coming back from



a long term injury the coach must ask themselves the following questions:

Are they ready to come back?

Are they at full fitness?

Can they perform the range of skills required?

Are they at full strength?

Have they taken the proper safety precautions for the injury not to happen again?

eg has it been strapped?

If the coach can answer Yes to all of these questions then the player should be allowed to return to play.