

## SPORTS INJURY GUIDE

*When in doubt, ship them out!*

### IMPORTANT NUMBERS

EMERGENCY: 911

Local Urgent Care: \_\_\_\_\_

Local Emergency Dept.: \_\_\_\_\_

Rothman Injury Hotline: [1-866-856-2880](tel:1-866-856-2880)

### LOWER EXTREMITY INJURY

#### Signs to look for:

- ♦ Limping
- ♦ Unwillingness to weight bear
- ♦ Swelling
- ♦ Bruising
- ♦ Deformity

#### Symptoms Reported:

- ♦ “Twisted”
- ♦ “Turned”
- ♦ Throbbing or sharp pain
- ♦ Numbness/tingling
- ♦ Can’t walk/run
- ♦ Knee giving way or locking
- ♦ Hearing pop or crack

#### Recommended Action:

- ♦ Remove from play
- ♦ R.I.C.E.
- ♦ Refer to physician



### “Stinger” - NEUROPRAXIA

#### Signs to look for:

- ♦ Arm looks limp
- ♦ Shaking arm
- ♦ Hold/massaging neck or arm
- ♦ Difficulty lifting arm

#### Symptoms Reported:

- ♦ Burning sensation
- ♦ Short term pain
- ♦ Weakness
- ♦ Numbness & tingling

#### Recommended Action:

- ♦ R.I.C.E.
- ♦ Don’t return until full motion, sensation, & strength return
- ♦ Refer to physician



### CERVICAL SPINE INJURY

#### Symptoms Reported:

- ♦ Pain in neck
- ♦ Numbness/tingling in arms, legs, or down the spine
- ♦ Point tenderness and/or pain in neck
- ♦ Inability to feel/move face/limbs
- ♦ Muscle spasm

#### Recommended Action:

- ♦ Remain calm & call 911
- ♦ DO NOT move the athlete or remove pads or helmet
- ♦ Stabilize head & neck in the position found
- ♦ If athlete is unconscious: assume the athlete has a neck/spine injury & access airway

#### Signs to look for:

- ♦ Athlete not moving
- ♦ Holding head/neck
- ♦ Unable/unwilling to stand up
- ♦ Deformity

### CONCUSSIONS

#### Symptoms Reported:

- ♦ Appears dazed or stunned
- ♦ Is confused
- ♦ Forgets an instruction
- ♦ Is unsure of game or score
- ♦ Moves clumsily
- ♦ Answers questions slowly
- ♦ Loses consciousness (even briefly)
- ♦ Mood, behavior, or personality changes
- ♦ Can’t recall events prior to injury
- ♦ Can’t recall events after injury

#### Signs to look for:

- ♦ Headache or “pressure” in head
- ♦ Nausea or vomiting
- ♦ Balance problems or dizziness
- ♦ Double or blurry vision
- ♦ Sensitivity to light
- ♦ Sensitivity to noise
- ♦ Feeling sluggish, hazy, foggy, or groggy
- ♦ Concentration or memory problems
- ♦ Confusion
- ♦ Just not “feeling right” or is “feeling down”

If a concussion is suspect send athlete to a physician

### INJURY MANAGEMENT

#### R.I.C.E.

**REST** - Stop all activity and follow up with a healthcare provided

**ICE** - Apply ice for 20 minutes on /40 minutes off

**COMPRESSION** - Wrap injured/sore area with elastic bandage

**ELEVATION** - Raise injured body part above the heart

*The information provided on this flyer is for general information purposes only. You should always consult a physician or other health care professional when dealing with medical conditions and/or emergencies.*