

TOSH TIMES

TOSH Soccer Program Newsletter

Spring 2018



*Official sports training &
sports medicine provider to*

I'm Injured...Now What Do I Do?

Tips to Help You Manage Those Unexpected Injuries



By Laurie Evans, MS, ATC, LAT
TOSH Soccer Program Coordinator

Many times when we play sports we end up with unexpected injuries. This can leave us with a lot of questions that can be daunting and confusing: How bad is it? Do I need to see a doctor? Will it just go away? How can I get better as soon as possible? What should I do now to treat it? What does this swelling mean?

In our current world of instant results, we depend on the internet for quick answers. The internet can generally be helpful, but it can't provide a specific diagnosis for your injury. It also can't give you a timeline to return to activity safely.

Here's a tool that can provide more effective help: A free injury assessment from TOSH, which you can access at [801-314-4111](tel:801-314-4111), is just a phone call away. We'll do our best to get you in within 48 hours to assess the severity of your injury. If you call from outside the Salt Lake area, we can help facilitate medical personnel in your area to evaluate your injury and get you back on the field safely.

One injury that should never be overlooked: A head injury. Not every head injury results in a concussion, but all head injuries should all be evaluated to rule out a concussion.

Here are important details to keep in mind:

- In 2011, the Utah Youth Soccer Association and TOSH implemented a concussion policy and return-to-play protocol that's mandatory for every member of UYSA. Please take the preseason education you receive about concussions seriously and don't ignore the signs and symptoms when you see them in your child or someone else's child. The concussion policy



Here are some injury terms to consider:

- **Acute vs. Chronic:** ACUTE injuries have a sudden onset while CHRONIC injuries develop over an extended period of time.
- **Overuse vs. Overtraining:** OVERUSE occurs because of repetitive damage to bone and soft tissue without sufficient time to repair. OVERTRAINING occurs from psychological, physiologic, or hormonal changes that result in decreased performance.
- **Heat vs. Ice:** HEAT is a vasodilator that increases blood flow and brings in nutrients to the injured area. It also increases elasticity and reduces muscle tension. ICE is a vasoconstrictor that decreases blood flow to the area and controls pain, swelling, and muscle cramping.

Our mission is to ensure that UYSA athletes receive the best sports medicine care possible. Please take advantage of this free service and know that we're here for you. Play hard and be healthy this spring season!

and clearance form is located on the UYSA website under the TOSH tab. Other valuable educational materials are located under the TOSH tab too.

- If you have an athlete who needs to be evaluated for a concussion, please call for a free injury assessment at 801-314-4111.
- Another valuable resource for managing concussions is TOSH's Concussion Clinic. With years of experience and expertise, our neurophysiologists will carefully guide you through the recovery process. Please don't ignore the signs and symptoms. To make an appointment call 801-314-2210.

Laurie Evans MS, LAT, ATC

Laurie.Evans@imail.org

801-314-4111

Look for us:

Spring State CupApril, May 2018

Region 4 Presidents CupJune 2018