

CARE AND PREVENTION OF ATHLETIC INJURIES

II. Basic types of athletic injuries

A. Sprains

1. partial, or complete tear or extension of connective tissue in ligamentous region
2. involves an articulation
3. ligament - fibrous, non-elasticized band connecting bone to bone
4. with possible dislocation accompanied by self-reduction
5. most common injury

B. Strains

1. partial or complete tear or extension in muscular region or adjacent tissue
2. tendon - cord connecting muscle to bone

C. Fractures

1. interruption in continuity of bone which alters its normal shape, consistency or composition

D. Dislocation

1. displacement of any part of articulating surface

E. Contusion

1. cutaneous or subcutaneous area of skin that is damaged to soft tissue

F. Wounds

1. break in continuity of tissue part from violent or trauma of tissue
2. forms an exucate
 - a. sticky mass - blood serum
 - b. leaks into area resulting from broken tissue cells
 - c. p. 190 m/p
3. four types
 - a. abrasion
 - b. laceration
 - c. incisions
 - d. punctures

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III. General phase of all injuries

- A. Preparatory phase - 1st phase - 2 steps
 - 1. vascular disturbance
 - a. hemorrhage
 - 2. exudation - edema - fluid accumulation
 - a. motion and movement of fluids around injury
 - b. produces swelling

1st phase lasts approx 24-72 hours; two problems during this phase

 - a. edema (swelling)
 - b. pain

three steps in handling the 1st phase of any injury which is the result of trauma:

 - ice
 - compression
 - elevation

nothing changes the healing process except what is done in 1st stage of injury

immediate care is the most important phase of healing process

ex. 7 days football

by proper care and handling you may speed the termination of 1st phase to 24 hours
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- B. Second phase - healing phase
 - 1. consists of two parts
 - a. extravasation
 - 1. escape of fluids from vessel to surrounding tissues
 - 2. motion and movement of fluids away from the sight of injury
 - b. fibrosis - healing process
 - 2. Approx number of days for an injury to heal to 80%
 - a. ligament - 21 days
 - b. muscle - 30 days-2 to 4 weeks
 - c. tendon - 30 - 40 days

IV. Factors affecting the healing process slow down the healing process

- A. Hemorrhage and Hematoma - blood clotting
- B. Distraction
 - 1. can result if the injured area pulls apart or is under stress because of the active use of the injured area.
- C. Infection and foreign material
 - 1. staph - infections
- D. Steroids
 - 1. delay function of collagen which hinders the healing process
 - 2. hormone secreted by adrenal glands
 - 3. called because of chemical structure
 - 4. anti-inflammatory
 - 5. fibrous filaments of injectable
- E. Disuse Atrophy
 - 1. injury prohibits normal use of body part injured; atrophy occurs
 - 2. factors affecting atrophy
 - a. continued disuse
 - b. interference of blood supply
 - c. interference of nerve supply