



HALIFAX
MEDICAL CENTER
Sports Medicine

Injury Prevention Guide

ANKLE/KNEE SPRAIN

Symptoms – Pain when standing or walking, loss of motion, heat in joint resulting from twisting injury or rolling onto the outside of foot.

Prevention – Proper warm-up, to include stretching and aerobic conditioning prior to activity.

Treatment – Ice, compression, and elevation. Use crutches for pain relief to rest from weight-bearing activities. If pain persists for more than three days, call your doctor.

PULLED MUSCLE

Symptoms – Pain, tightness in muscle, swelling, occasional loss of motion if severe, resulting from improper stretching, extreme muscular fatigue, sudden jerking motion.

Prevention – Proper aerobic conditioning prior to excessive exertion. Daily stretching routine. Balanced diet.

Treatment – Ice: 20 minutes on, 20 minutes off, three times a day. Slow, gradual stretch of involved area. Gradual return to daily activities using pain as a guideline.

TENDINITIS

Commonly involved areas include: shoulder, elbow, wrist, hip, knee and heel.

Symptoms – Pain and soreness from muscle across involved joint, resulting from a repetitive-type motion.

Prevention – Proper stretching before and after activity. Strengthening exercises for specific body part.

Treatment – Ice and rest. Gentle stretching using pain as a guideline. Gradual strengthening exercises for specific body part.



HALIFAX
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HALIFAX
MEDICAL CENTER
Sports Medicine

Heat Cramps, Heat Exhaustion & Heat Stroke

DRINK PLENTY OF FLUIDS

Drinking plenty of fluid helps prevent heat illness. Ten glasses of cold water daily is your best source. Avoid fluids with high sugar content (i.e. soft drinks).

HEAT CRAMPS

Heat cramps are the first sign of heat illness. Drinking water, even if you are not thirsty can prevent heat cramps.

HEAT EXHAUSTION

Profuse sweating, red skin, dizziness, confusion, fatigue, headache, excessive thirst, nausea and vomiting. High risk of recurrence.

Treatment

- Move to a cool area and remove clothing (including caps and helmets)
- Cool baths and fans (avoid shivering)
- Replace fluids (frequently in small doses)
- Basic medical evaluation
- Rest 24-48 hours and re-evaluate before returning to practice or competition
- Consult physician for risk factors, and prevention guidelines. Recommended follow-up with a physician for anyone who becomes truly ill, but did not go to the Emergency Room

HEAT STROKE

Hot and dry skin, weak and rapid pulse, confusion, delayed responses, and irregular breathing pattern.

Treatment

- Call emergency medical services IMMEDIATELY- CALL 911
- Move athlete to a cool area and remove clothing (including caps and helmets)
- Ice baths and fans
- Physician's evaluation of athlete before returning to practice or competition

Please note that self-diagnosis tools or general information may be a helpful part of preventive care, but are in no way a substitute for regular physical examinations and good communication with a physician of your choice.

If you need help contacting a physician, call Halifax•Fish Community Health's Health Line at 386-254-4848 or e-mail health.line@halifax.org.

www.halifax.org