

Injury Prevention

□ When to Stop!!

- If you feel a niggle in a particular area of the body while training, continue training but keep an eye on it
- If the niggle becomes painful, reduce your speed until the pain is gone
- If the pain doesn't go away, you need to stop!
- If you get a cramp in a particular area, you need to stop and stretch that area
- If you feel any soreness or strain in the same area on your next training day, take a rest and train the following day

□ P.R.I.C.E. (First Aid Treatment)

Follow this procedure for any significant soft tissue (muscle, tendon, ligament or joint) injury to minimise any bleeding or further damage to the injured tissue.

- **Protect** the injured area
- **Rest** the injured area
- **Ice** the injured area (see below)
- **Compression** should be applied to the injured area (using compression bandage)
- **Elevate** the injured area above the heart (reduces swelling)

□ Ice

- Ice injured area as soon as possible (if ice injured area within 3 minutes, severity of injury will be reduced by half)
- If acute injury (0 to 24 hours) and quite sore, ice for 15 minutes every 2 hours
- 24 hours+ after injury occurred, ice should be applied for 20 minutes twice per day
- Ice injured area using ice pack / bag of frozen peas
- Don't place ice pack directly on skin, wrap in tea towel
- Ice for 10 minutes only if bony area (e.g. ankle, elbow)
- For ankle, can use basin of cold water, water as cold as can be tolerated

□ Compression

- Compressing an injured area as soon as possible after the injury occurs is extremely important, as important as applying ice
- Wrap compression bandage fairly tightly around the injured area (has to be a compression bandage as these bandages can expand as there may be some swelling around the injured area)
- Leave the bandage on overnight

□ Stretching

- In the first 24 hours, stretch area (see stretching sheets) but only to the point where it is not sore
- You should notice the range of movement in the injured area increasing gradually
- 24 hours+ after injury occurred, continue to stretch area regularly, again only to the point where not sore (stretching should never be painful)

□ Heat

- Heat should only be applied 48 hours after an injury occurs
- Heat can be applied at any time if the injury is a long term problem
- Heat area using heat pack / hot water bottle for 20 minutes at a time
- Hot shower works just as well, direct jets of water at injured/tender area

□ Contrast Bathing (Combining Ice and Heat)

- Ice area using ice pack/frozen bag of peas for 2 minutes
- Heat area using heat pack/hot water bottle for 2 minutes
- Ice area for 2 minutes
- Heat area for 2 minutes
- Ice area for 2 minutes
- Total of 10 minutes, always starting and finishing with ice
- For ankle, can use basins of hot and cold water, water as warm and as cold as can be tolerated

□ Epsom Salt Baths

Good for minor sprains and strains, bruises, aches, pains and tenderness. Good for arthritis as reduces stiffness, soreness and tightness of joints. Reduces stress, increases energy levels and helps excess fluid removal.

- Place 2 large cups of epsom salts into a bath as hot as you can bear
- Soak in the bath for 20 minutes
- Rub your skin all over with a facecloth to open the pores to help absorb the epsom salts
- Do not use any other bath products in the water as this will neutralise the effects of the epsom salts
- Don't rinse off before getting out of the bath, pat dry with towel and go to bed
- There may be crystal deposits on the skin the next morning which can be washed off in the shower
- Drink water prior to the bath or have some water nearby during the bath for drinking as a hot bath can make you light headed, thirsty or dehydrated

□ Water

- Drink plenty of water (2 litres), particularly on training days