

SPORTS MEDICINE TIPS

PREVENT SPORTS INJURIES:

- Be in proper physical condition to play a sport
- Know and abide by the rules of the sport
- Wear appropriate protective gear
- Always warm up before playing

TACKLING THE HEAT:

- Recognize early warning signs - dark yellow urine - dizziness - loss of coordination - cramps - headaches - unusual fatigue
- Allow for acclimation - slowly/gradually increase the intensity/duration of training - 7 to 10 days
- Have fluids within arm's reach - every 15 to 20 minutes
- Don't rely on thirst – DELAYED REFLEX
- Consume Sports Drinks – promotes more voluntary drinking
- Dress for the weather

R.I.C.E. METHOD OF TREATMENT:

- The method of treatment for all acute (new) injuries
- **Rest** – allowing time for the injury to “calm down,” not returning to activity as soon as it feels a little better which may only aggravate the injury further.
- **Ice** – no matter what the injury you should **ALWAYS** apply ice for the at least the first 48 hours.
- **Compression** – If you notice swelling, apply an elastic wrap to the injured area.
- **Elevation** – if swelling is noticed, elevate the injury as well as possible to allow swelling to move back towards the heart.

EXERCISE-INDUCED ASTHMA:

- Exercise induced asthma is a condition of breathing difficulty secondary to airway hyper-responsiveness.
- As a result the pathway for air entering the lungs becomes narrowed making it hard to breathe.
- The traditional form of asthma affects approximately 5 to 10 % of the population.
- Symptoms of EIA include chest tightness, shortness of breath out of proportion to the intensity, coughing and wheezing.
- The problem is many athletes have some of these sensations, yet have no EIA. On the other end of the scale,

WHEN TO SEE AN ORTHOPAEDIC:

- Inability to play following an acute or sudden injury
- Decreased ability to play because of chronic or long-term complications following an injury
- Visible deformity of the athlete's arms or legs many athletes have few symptoms but do have a treatable disease.
- The most accurate way to diagnose athletes w EIA is to do pulmonary (lung) function testing both before and immediately after exercise.

THREE THINGS EVERY EXERCISE PROGRAM SHOULD HAVE:

- A complete fitness program must include aerobic exercise, muscular strength and endurance conditioning, and flexibility exercise.
- Aerobic exercise is any activity that uses large muscle groups in a continuous, rhythmic fashion for a sustained period of time.
Pace: THR | Frequency: 3 to 4 per week | Duration: work up to 20 minutes or more per session – gradually up to 45 min.
- You have a choice of strength exercises. Include exercises for every major muscle group. Work in an 8 to 12 repetition range.
- Proper stretching is important. Hold a mild stretch of 10 to 30 seconds while breathing normally. Always warm up before you stretch.
- **ONE LAST THING TO REMEMBER:** Always check with your doctor before beginning any exercise program.

KIDS IN MOTION:

- By the time they reach high school, 63 percent of children are no longer physically active. Why? Try limiting TV, video games and pcs.
- Physically active children have fewer chronic health problems, better able to meet the demands of daily physical activity, have a stronger self-image and higher self-confidence.
- It makes good sense to encourage physical activity when your children are young. As parents set a good example for your kids. Make sure you concentrate on the positive aspects of exercise. It's a chance for the family to be together, to share good times and fun.
- It's really up to you!!! You can't tell kids that being active is fun. You have to show them.

GET THE ANSWERS YOU NEED FROM THE CERTIFIED ATHLETIC TRAINERS AT F.T.M.C.

Anyone who has experienced a sports injury or wants information on how to prevent one should call. It doesn't matter if you're a high school, college or professional athlete or weekend warrior. We can help.