



PLAYER RESOURCES 2017

Injury Management

PLAYER DEVELOPMENT JOURNAL

INJURY MANAGEMENT

This information is adapted from Sports Medicine Australia (SMA) resources.

The best way to recover from soft tissue injury is by using the **RICER** and **NO HARM** injury management approach.

R = REST. Place yourself in a comfortable position and keep the injured area supported. Avoid using the injured area for at least 48-72 hours because continued activity may cause bleeding and damage.

I = ICE. Apply ice to the injured area for 20 minutes every 2 hours for the first 48-72 hours after injury. Do not apply ice directly to skin.

C = COMPRESSION. Apply a firm, wide, elastic bandage over, above and below the injured area. Ensure the bandage is not too tight.

E = ELEVATION. Raise the injured area above the level of the heart at all times to reduce bleeding, swelling and pain.

R = REFERRAL. As soon as possible after injury arrange to see a qualified health care professional.

NO HARM = NO **H**HEAT, NO **A**LCOHOL, NO **R**UNNING, NO **M**ASSAGE.

Assessment and Treatment

The Northern Tigers Football Club has engaged St Ives Physiotherapy & Sports Therapy Centre to provide treatment and prevention services to players. Contact Michael Reynolds as per the details below:

St Ives Physiotherapy & Sports Therapy Centre.
Phone 9144 1118 for an appointment