

MANAGING INJURIES

Know when to shake it off - *and*
when you shouldn't.



Your sideline checklist

Use this checklist immediately after injury to
know what to do next



STOP

Is pain changing the way you move? **Don't push through.**



ASSESS

Ask yourself:

- Did swelling appear quickly?
- Can you put weight on it?
- Did you hear or feel a pop?
- Is movement limited?
- Is pain getting worse?



PROTECT

Until you know more:

- **Rest** the injured area and avoid painful activities
- **Ice** for 15-20 minutes every 2-3 hours during the first 48 hours
- **Compression** with an elastic wrap to help control swelling
- **Elevate** the injured area above heart level when possible



WHAT'S YOUR NEXT PLAY?

Seek emergency care if you have:

- Severe pain or obvious deformity
- Loss of consciousness or confusion after a head injury
- Unable to bear weight
- Heavy bleeding or loss of circulation

Schedule a sports medicine evaluation if you have:

- Pain that isn't improving after 48-72 hours
- Persistent swelling
- Joint instability
- Limited range of motion
- Pain that's keeping you out of practice or daily activities



**HEAT
or
ICE?**



Use ICE when:

- ✓ New injury (first 24-48 hours)
- ✓ Swelling
- ✓ Bruising
- ✓ Sharp pain after activity



Use HEAT when:

- ✓ Muscle stiffness
- ✓ Tight muscles before activity
- ✓ Chronic aches (not a new injury)
- ✓ Preparing to stretch or exercise



Don't use heat on a
fresh injury that's swollen.

