LOWER EXTREMITY INJURY

Signs to look for:
- Limping
- Swelling
- Bruising
- Deformity

Symptoms Reported:
- "Twisted"
- "Turned"
- Throbbing or sharp pain
- Numbness/tingling
- Can’t walk/run
- Knee giving way or locking
- Hearing pop or crack

Recommended Action:
- Remove from play
- R.I.C.E.
- Refer to physician

“Stinger” - NEUROPRAXIA

Signs to look for:
- Arm looks limp
- Shaking arm
- Hold/massaging neck or arm
- Difficulty lifting arm

Symptoms Reported:
- Burning sensation
- Short-arm pain
- Weakness
- Numbness & tingling

Recommended Action:
- R.I.C.E.
- Don’t return until full motion, sensation, & strength return
- Refer to physician

CERVICAL SPINE INJURY

Recommended Action:
- Remain calm & call 911
- DO NOT move the athlete or remove pads or helmet
- Stabilize head & neck in the position found
- If athlete is unconscious: assume the athlete has a neck/spine injury & access airway

Symptoms Reported:
- Pain in neck
- Numbness/tingling in arms, legs, or down the spine
- Point tenderness and/or pain in neck
- Inability to feel/move face/limbs
- Muscle spasm

Signs to look for:
- Athlete not moving
- Holding head/neck
- Unable/unwilling to stand up
- Deformity

INJURY MANAGEMENT

R.I.C.E.

REST - Stop all activity and follow up with a healthcare provider
ICE - Apply for 20 minutes on/40 minutes off
COMPRESSION - Wrap injured/sore area with elastic bandage
ELEVATION - Raise injured body part above the heart

The information provided on this flyer is for general information purposes only. You should always consult a physician or other health care professional when dealing with medical conditions and/or emergencies.

CONCUSSIONS

Symptoms Reported:
- Appears dazed or stunned
- Is confused
- Forgets an instruction
- Is unsure of game or score
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Mood, behavior, or personality changes
- Can’t recall events prior to injury
- Can’t recall events after injury

Signs to look for:
- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

If a concussion is suspect send athlete to a physician

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