**Athletic First Aid: Understanding Athletic Injuries**

**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. **Injuries are classified in three ways.**

a.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **List 3 factors that can affect an injury.**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **List and describe 3 mechanisms of injury.**
2. Direct blow –strong force on a specific body part can cause injuries such as concussions, contusions, internal bleeding, fractures or joint injuries.
3. Torsion –twisting a body part that is not meant to twist can cause injuries such as sprains, joint injuries or broken bones.
4. Shearing – friction or rubbing of two surfaces can cause skin and other tissue injuries.
5. **True or False. Initial care of an injury has no impact on recovery time.**
6. **The inflammatory phase following an injury can last** \_\_\_\_\_\_\_\_days. **The body goes** **through this phase** to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **and** **get rid of** \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

6. **5 characteristics of SHARP**

**S**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**H**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**A**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**R**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **P**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **True or False. The repair and regeneration phase only last a few days after an injury.**
2. **The most important thing that occurs during the remodeling phase is…. (1mark)**
3. **True or False. During the injury cycle if the athlete returns to play too soon during the repair and regeneration phase, the injury may return to the tissue damage part of the cycle**.

**10. What does the acronym RICE stand for?**

**R-**

**I-**

**C-**

**E-**

**11. If EMS is not available what should you do**

1. **True or False. Athlete can facilitate tissue repair by restricting activity of the injured body part**.

1. **Four things ice or cold application can do for an injury.**
2. Decrease muscle spasms
3.

1. **How long in an hour should ice be applied to an injury.**

**15. What parts of the body should only have 10 minute of ice application at a time.**

**16. 7 examples of forms of cold application.**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**17. In what instances should you be careful when using ice on an athlete.**

**18. When should you avoid the use of ice.**

**19. Why is Compression thought to be the most important treatment in the management to the musculoskeletal system.**

**20. Following the inflammatory phase heat can be applied to increase the blood flow to the injured area and to help facilitate the cleaning up and healing of the injured area.**

**21.** **When would an athlete use ice during the rehabilitation phase.**