

Injury Prevention

When do I see a Physio?:

Seek attention immediately if:

- You are unable to walk with the injury, seek our help, physio's can refer you for an x-ray if it is necessary.
- If pain or swelling/stiffness does not resolve within 3 days—YOU NEED PHSYIO!
- For an injury of your leg (including hip, knee or ankle); if you can't hop backwards with no pain, then you should NOT be playing – YOU NEED PHYSIO!

What to do for an injury:

RICE

R-Rest the injured area from aggravating activities.

I-Ice 20 minutes every 2 hours

C-Compression. Use a compressive bandage or taping on the injured area.

E-Elevation. Elevate the injured area above the level of the heart to assist the removal of swelling through gravity

No HARM

H—no heat

A—no alcohol

R-no running

M-no massage

Heat or ice?

When to use heat or ice:

Ice: Any pain anywhere on the body immediately after it happens.

Ice treatment reduces blood flow to the affected region. This is beneficial in the inflammatory phase of an acute injury (first 72 hours) as it helps to reduce the amount of inflammation and swelling in the injured area. Ice should also be used **after activity** for chronic overuse injuries such as runners knee, achilles tendinopathy and shoulder bursitis.

Heat: greater than 2 weeks of stiffness, not pain symptoms.

Heat treatment increases blood flow to the affected area. This is beneficial after the inflammatory phase of an injury (after 72 hours) as more blood flow means more oxygen and nutrients are transported to the injured area, speeding up healing. As a general rule heat should not be used until no inflammatory signs are present (such as pain at rest or achiness in the morning that eases with movement). Heat also helps to relax and loosen up body tissues and as such should also be used **before activity** for chronic overuse injuries.

How to heat or ice:

Ice: Ice pack wrapped up in a damp tea towel. NEVER apply an ice pack directly to skin. Use the RICE principles when icing.

Heat: Use a heat pack/wheat bag. Put it in a microwave with a cup of water and heat on high for 2 minutes. Apply for 20 minutes as often as is required.

Hot packs and ice packs can be bought at the practice.

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