

Check list

- Rest
- Ice
- Compression
- Elevation
- Ibuprofen

Check in with Regina every day until your 100%

Main Office: Cage in High School.

Secondary Office: Middle School training room (near the gym).



Carver Athletics

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Carver Athletics



Acute Injury Facts

Crusader Pride

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What is an acute injury?



Acute injuries usually happen after a single event. It usually involves a direct blow, twist, overstretch or increased stress followed by pain, numbness/ tingling, discoloration, swelling, ob-

vious deformity, bleeding or any combination of these.

Acute injuries include:

- Contusions (bruise)
- Sprains (ligament tear)
- Strains (muscle tear)
- Dislocations
- Fractures
- Wounds

Immediate Care

R.I.C.E a new injury!!

Rest Ice Compression Elevation

It is important to rest any injured body parts. Depending on the severity of your injury this may mean you sit out right away or just take it easy over the next few days.

The next 24-72hrs after an injury are the most important. The idea is to keep swelling to a minimum in order to ensure a speedy recovery; to do this use ice. Ice can be applied every hour for 20 min. but not longer.

Not everyone will need compression but if you do, it all has to do with getting rid of any swelling and support. It could be an ace bandage, air-cast or some other splint/ device.

Lastly, is elevation! Keep the injured body part above your heart, lay down, kick your feet up. If your sleeping you may need to prop it up on some pillows.

*FYI- Ibuprofen (Advil, Aleve) **is** recommended for pain and swelling. So long as your child can take these.



Return to practice

There is no one size fit all for returning to the game or practice. I will work with you on getting back A.S.A.P.

Even two people with the same injury may take different times to heal. Especially if one is a little more severe than the other.

Sometimes just a simple taping procedure can put you back in the game. Others may need to miss a few days and in a worst case scenario your out for the season. Rehab for these injuries may require you set aside time each day to do certain exercises or stretches. The more consistent you are with these the quicker you heal.

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