

CAMBRIDGE NATIONAL

UNIT 3: RESPONDING TO INJURIES

ACUTE INJURIES



EXAMPLES

CAUSED AS A RESULT OF SUDDEN TRAUMA.
E.G. A HARD TACKLE IN RUGBY OR BEING HIT BY THE BALL IN CRICKET

IT RESULT IN IMMEDIATE PAIN, USUALLY SWELLING AND OFTEN LOSS OF FUNCTION TO THE EFFECTED PART.

CHRONIC INJURIES

Achilles Tendonitis

EXAMPLE



THESE ARE KNOWN AS OVERUSE INJURIES CAUSED BY CONSTANT USE OF AN AREA. THESE INJURIES HAPPEN GRADUALLY OVER TIME

E.G. ACHILLIES TENDONITIS, SHIN SPLINTS, TENNIS ELBOW

KERANGG!

TYPES OF INJURY

FRACTURES



OPEN AND CLOSED

OVERUSE INJURIES

KRASH



TENNIS ELBOW



SHIN SPLINTS



GOLFERS ELBOW

SOFT TISSUE INJURIES

SPRAINS

STRAINS



INJURY TO TENDON



INJURY TO LIGAMENT

CONTUSION



BRUISES

BLISTERS ON FEET DUE TO ILL FITTING FOOTWEAR



INJURIES IN CHILDREN

Figure 1



CRAMPS



THIS IS A PAINFUL CONTRACTION THAT IS BROUGHT ON BY MUSCLE SPASM OR OVER SHORTENING.

A COMMON PLACE TO GET CRAMP IS IN THE CALF, ESPECIALLY IN ACTIVITIES THAT REQUIRE A LOT OF RUNNING.

IT IS TREATED BY REHYDRATING AS WELL AS STRETCHING.

ABRASION - CUTS & GRAISES



THERE ARE 7 DIFFERENT TYPES OF INJURY FOR YOU TO LEARN.

BOOM

RESPONDING TO AN INJURY

1

R I C E



(Rest Ice Compression Elevation)



STRETCHING AND MASSAGE THERAPY

2



HOT AND COLD THERAPY

HEAT PACKS & FREEZE SPRAY

EMERGENCY ACTION PLANS

EMERGENCY PERSONNEL -
FIRST AIDER

EMERGENCY COMMUNICATION
- EMERGENCY TELEPHONE
NUMBERS

EMERGENCY EQUIPMENT -
FIRST AID KIT, EVACUATION
CHAIR

SALTAPS- ON FIELD ASSESSMENT

4

SEE - DID YOU SEE IT HAPPEN
ASK - WHERE DOES IT HURT?
LOOK - IS IT MISS SHAPEN?
TOUCH - IS IT HOT
ACTIVE - CAN THEY MOVE IT?
PASSIVE - CAN I MOVE IT?
STRENGTH - CAN THEY PUT
WEIGHT ON IT

SUPPORTING TREATMENT

TAPING

BANDAGING

SPLINTS

SLINGS

5