

# common sense approach to injuries

Dr Noel McCaffrey

ExWell Medicial

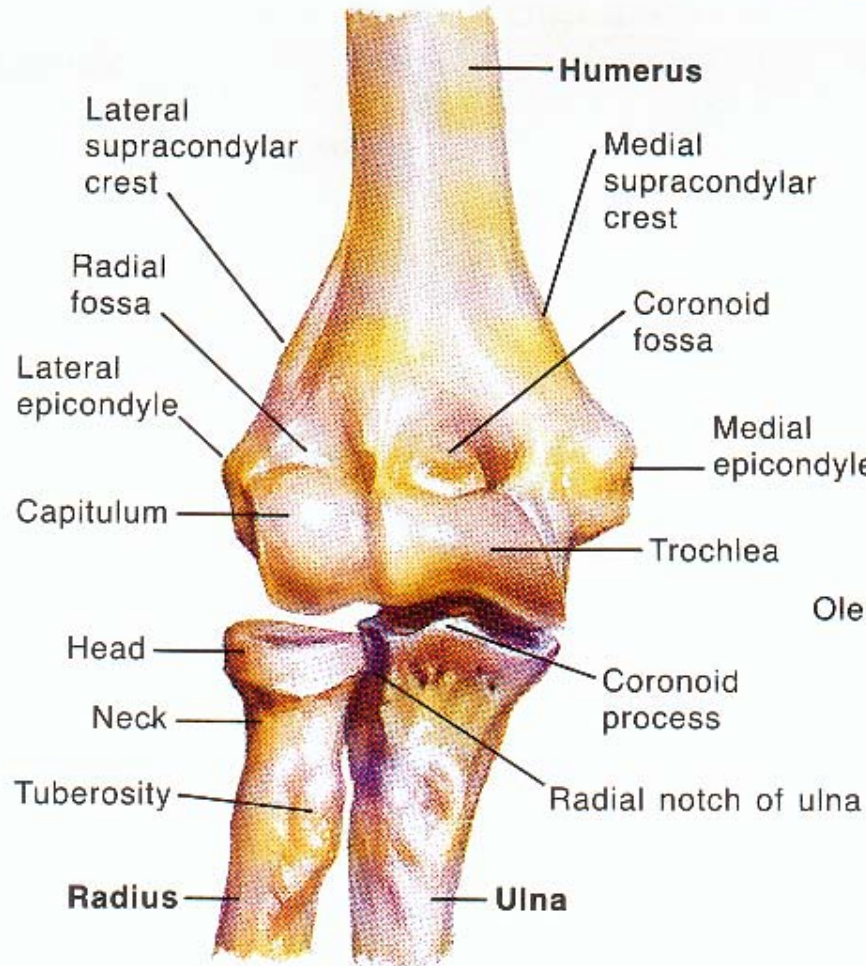
- anatomy
- some common injuries
- return to play
- injury and mood
- what about the busy player?
- players' own responsibilities

# A. anatomy

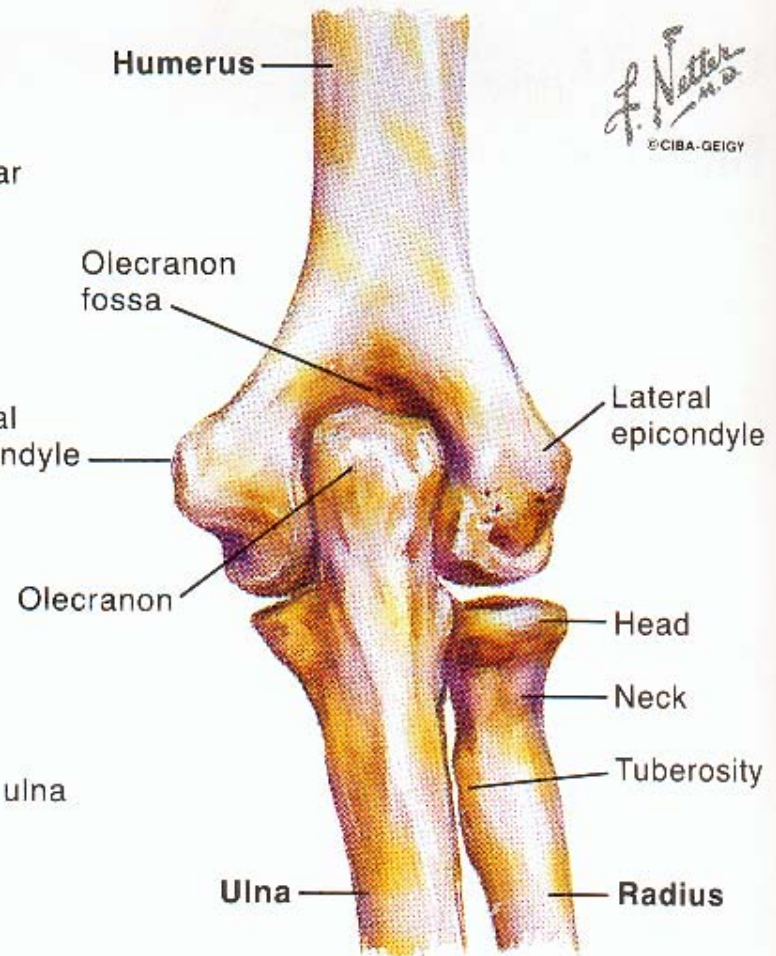
- muscle
- tendon
- ligament
- bone / joint
- nerve

## Bones of Right Elbow Joint

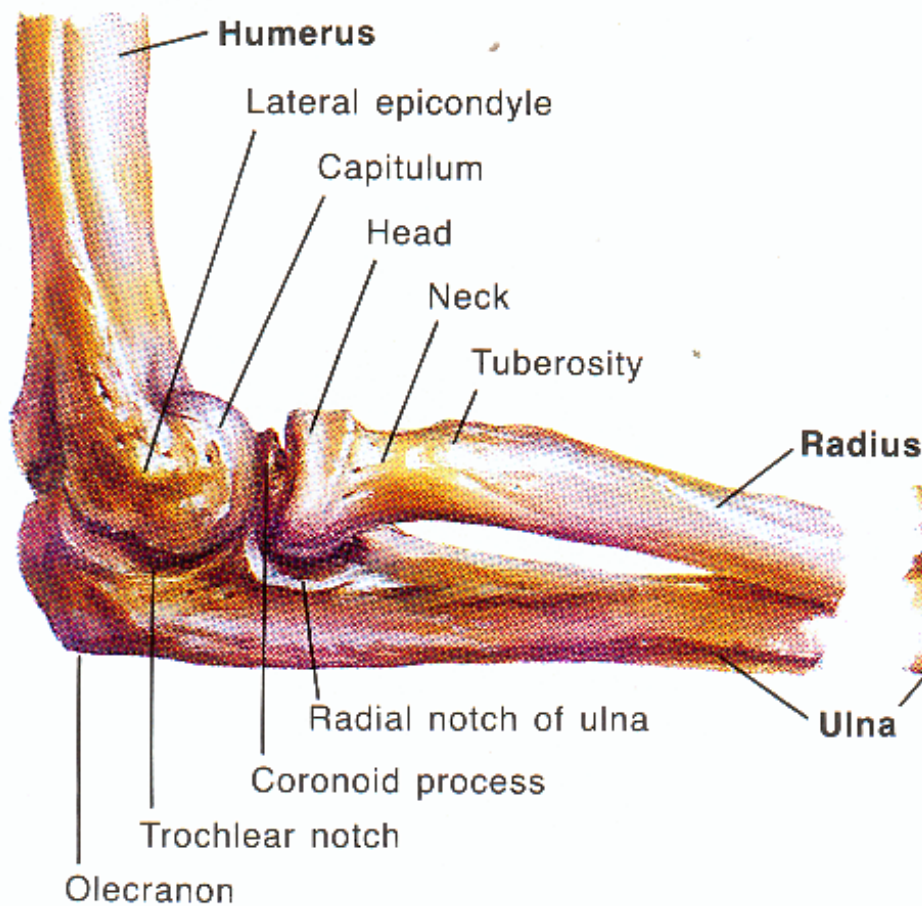
*F. Netter M.D.*  
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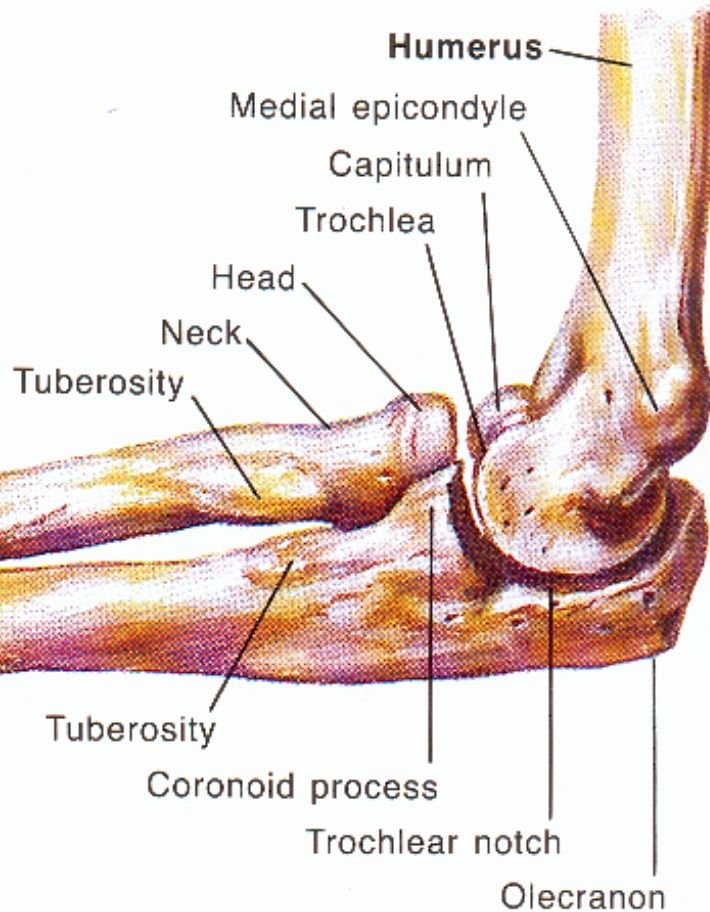
Anterior view: in extension



Posterior view: in extension

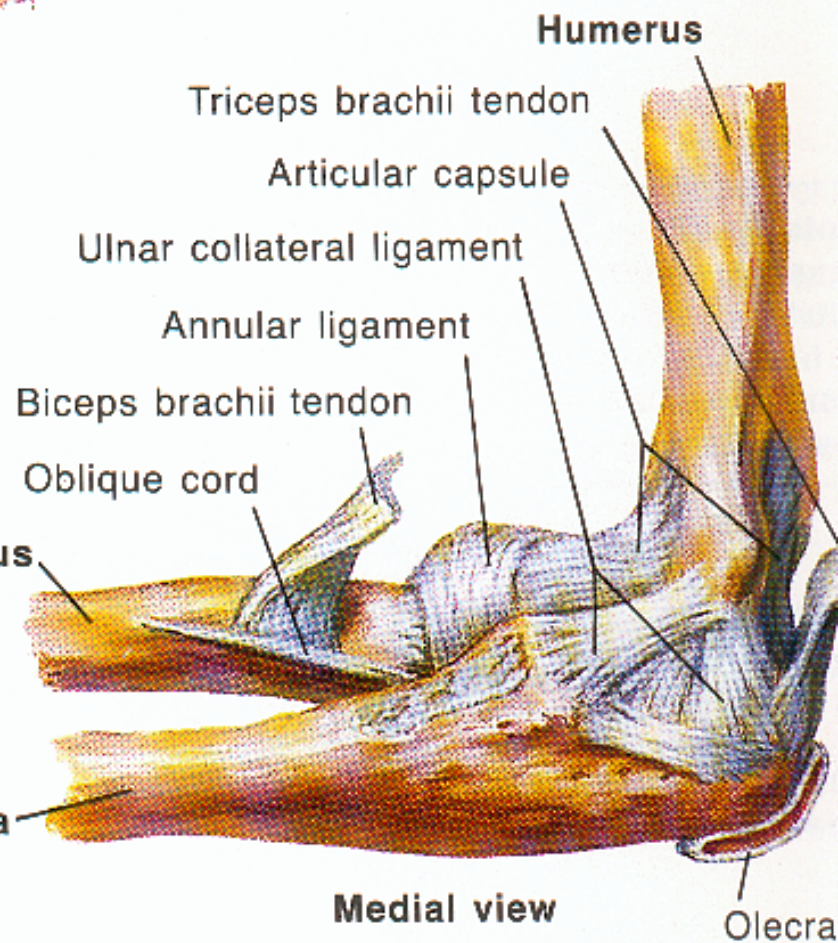
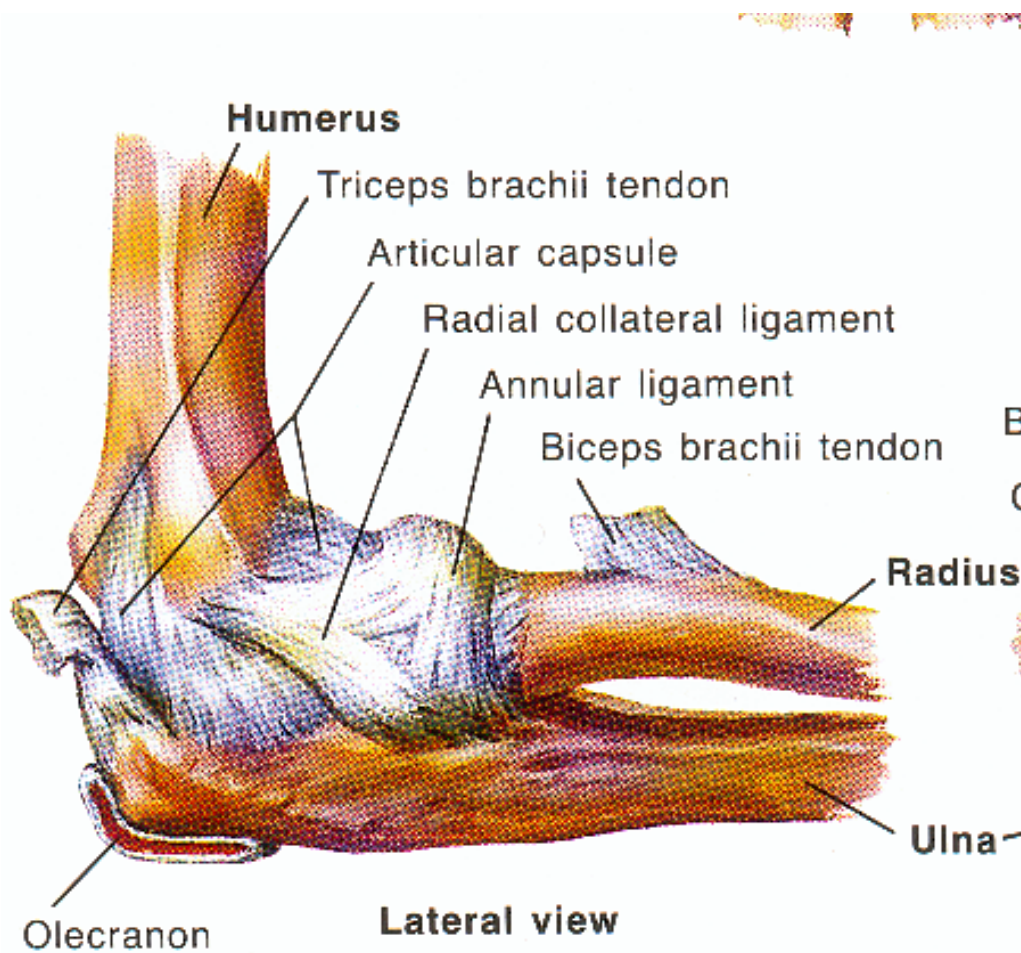


**Lateral view: in 90° flexion**



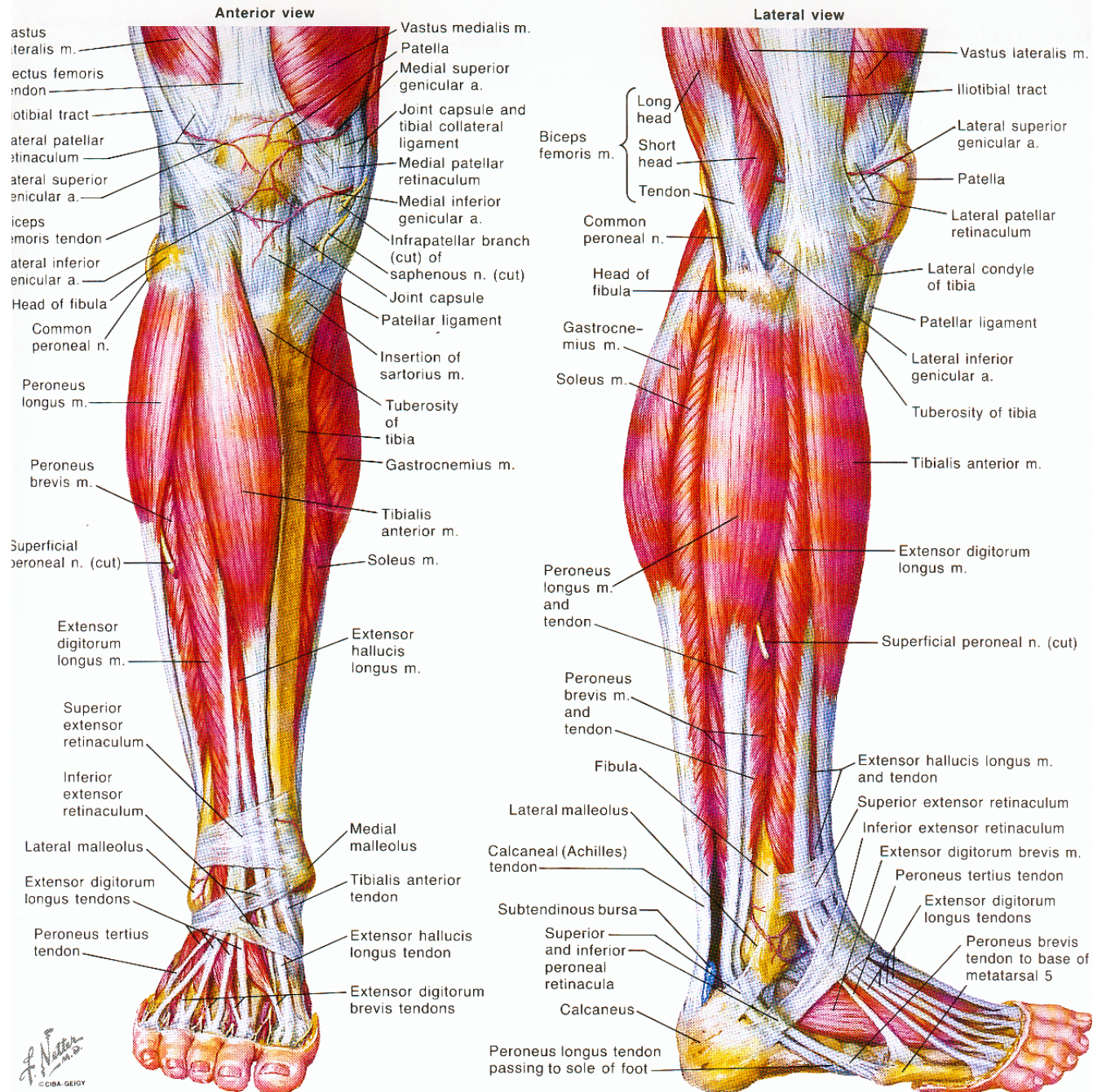
**Medial view: in 90° flexion**





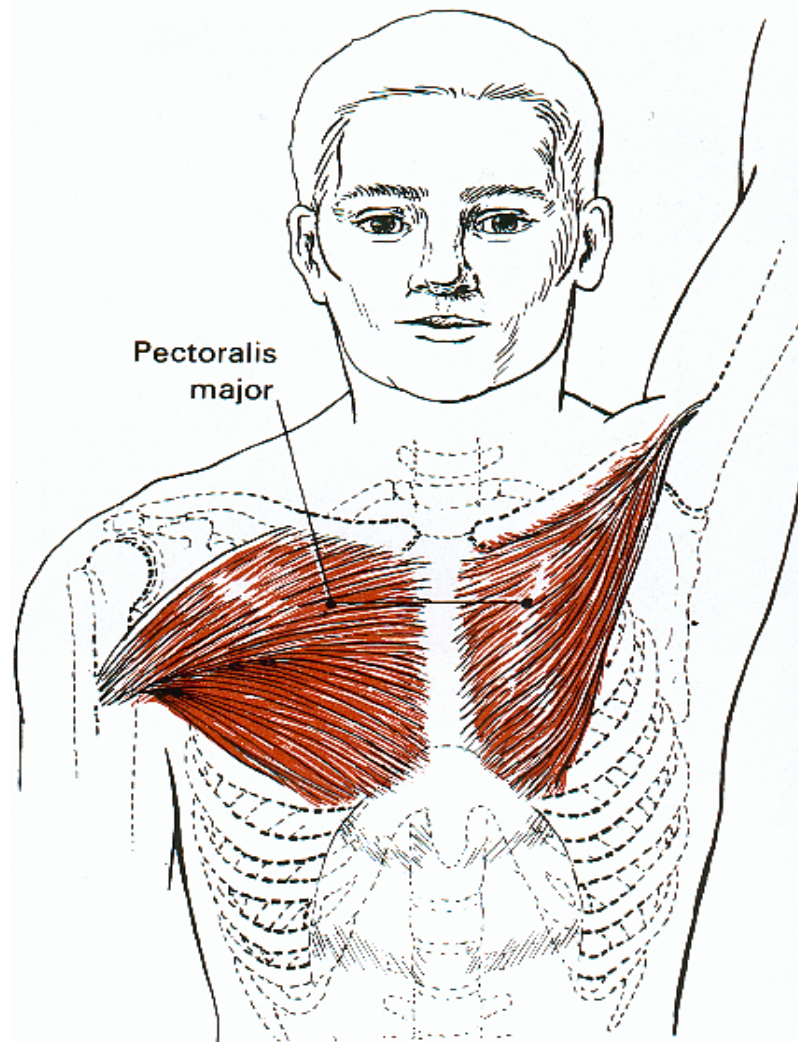


# Muscles, Arteries, and Nerves of Leg: Superficial Dissection

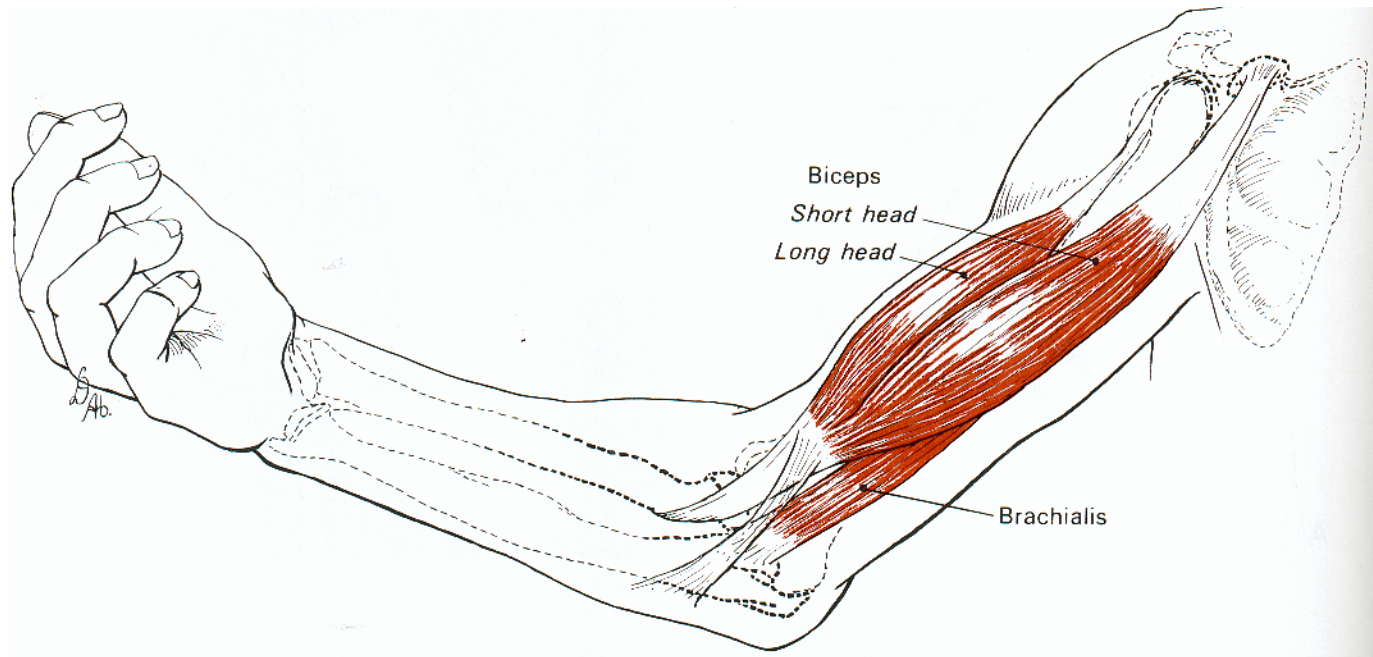


# Pectoralis Major

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## **B. common injuries**

- muscle
- tendon
- bone
- head injury
- dental injury
- bleeding

# 1. muscle injuries

- delayed onset muscle soreness
- cramp
- “dead leg”
- muscle tear



## a. DOMS

- **unaccustomed** (or v severe) exercise
- pain is **delayed**
- pain is **symmetrical**
- pain resolves
- progressively less severe after subsequent sessions
- **ignore** it

## **b. cramp**

- muscle contracts, goes rigid, won't relax
- pain +
- eased by passive stretching
- ↑ with fatigue, dehydration, heat
- poorly understood

## **c. muscle tear**

- non-contact
- sudden pain



# signs of muscle damage

- **pain on**
  - stretch
  - contraction (using the muscle)
  - palpation (tenderness)
- **sometimes**
  - swelling
  - bruising
  - palpable defect

# treatment

- rest
- RICE
- ? medication
- allow healing
- physiotherapy techniques
- stretches
- strength work
- graded return
- allow 3-4 weeks

## d. 'dead leg'

- contact injury
- usually safe to continue
- stiff and sore afterwards
- RICE
- usually safe to 'run it off' a few days later even if still sore
- NB warning signs for calcification risk



## 2. chronic tendon injury

- gradual onset pain
- morning stiffness
- +/- thickening
- tender ++

# treatment

- rest
- ice
- physio (strengthening work)
- correct the cause
- ? Injections
- graded return

# 3. bone

## fracture

- mechanism
- pain
- abnormality of
  - shape
  - swelling
  - movement

## bone bruise

- mechanism (trauma)
- persistent pain
- normal x-ray
- v slow healing

## dislocation

- mechanism
- deformiity
- “something moved”

## 4. head injury

- what is concussion
- when to play on / come off / go back on quickly
- when to return to playing

## 5. dental injury

- loose / dislodged / broken tooth
- find it
- don't hold the root
- gentle cleanse in water (avoid disinfectant)
- re-site it
- transport in
  - blood / milk / mouth / urine

## 6. bleeding wounds

- rough clean
- pressure
- antiseptic clean
- dressing

# C. returning to play after injury

- full healing
- exceptions
  - dead leg
  - ankle sprain
  - strapping
- regain strength / flexibility / control of movement
- **graded** return
- **full training** before playing
- match day 'fitness tests' usually not helpful
- regain fitness



## D. injury and mood

- depression inevitable
- explain
- cross train
- should they attend training when injured 'to be with the lads?'

## **E. minding the busy (talented) player**

- managers co-operate
- nobody owns the player
- rest days +
- avoid 2 sessions same day on a regular basis

## **F. players' responsibility**

- honesty
- rice
- do the homework
- follow the rules