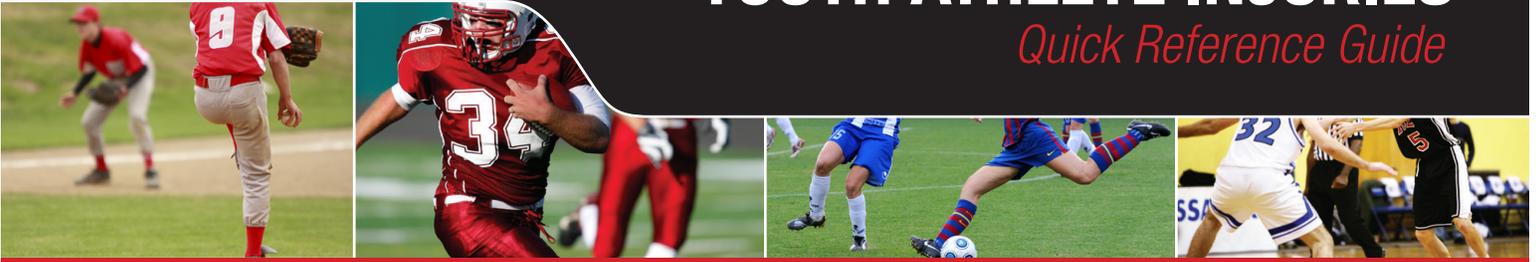


YOUTH ATHLETE INJURIES

Quick Reference Guide



COMMON SIGNS & SYMPTOMS

ACUTE INJURY

- Result of sudden trauma (twist, fall or collision)
- Sudden, severe pain
- Injured area may be red, swollen and hot
- Pain or numbness to affected or surrounding areas
- Unable to bear full weight or functionally use affected area
- Extreme weakness in injured extremity

OVERUSE INJURY

- Result of repetitive action or stress over time
- Decline in performance (speed or quality)
- Lack of motivation
- Favoring one side of the body
- Gradual onset of pain
- Muscle or joint stiffness
- Headaches

WHAT TO DO WHEN AN INJURY OCCURS

1

ASSESS FOR EMERGENCY

With sports-related injuries, always err on the side of caution as it may be difficult to assess the severity of an injury.

If medical red flags exist, seek emergency medical care immediately by calling 911 or visiting the ER.

2

SELF-CARE (24-48 HOURS)

With fractures or other serious injuries ruled out, promptly apply the P.R.I.C.E.R. method for 24 - 48 hours.

This will help decrease pain, swelling and injury progression, while promoting a better healing environment.

See reverse for P.R.I.C.E.R. details.

3

SEEK PROFESSIONAL CARE

If after 24-48 hours of self-care there is no significant improvement, it is recommended to have the injury assessed by a physical therapist to develop a treatment plan for full recovery.

Don't wait - statistically, patients recover FASTER the earlier they receive medical care.

4

RETURN TO SPORT

Once the athlete has been cleared by their physical therapist or physician, they may return to play.

If an athlete returns to sport before the injury has adequately healed, there is risk of re-injury or new injury due to compensation of the previous unhealed injury.





P.R.I.C.E.R. METHOD



PROTECTION

Protect the injured area until it can be evaluated. This may include an Ace wrap, taping or bracing.



REST

Stop or take a break from the activity that is causing your pain or soreness.



ICE

Apply ice to the affected area for 10 to 20 minutes several times a day. Put a towel between your skin and the ice pack to avoid skin irritation. Allow the skin temperature to return to normal before icing again (40 to 60 minutes).



COMPRESSION

Wrap the injured area with an elastic bandage (such as an Ace wrap) to help decrease swelling. If you experience an increase in pain, numbness, tingling, swelling, or coolness below the elastic bandage, it may be wrapped too tight.



ELEVATION

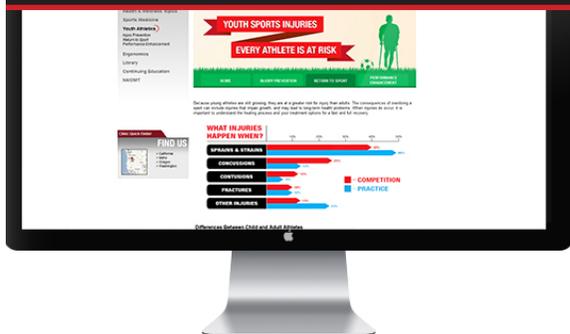
Elevate the injured or sore area above the level of your heart while applying ice.



REFERRAL & REHABILITATION

Medical assistance should be sought as soon as possible to determine the full extent of the injury. A physical therapist can develop a treatment plan for full recovery and return to sport.

YOUTH ATHLETICS ONLINE RESOURCE



Injury Prevention

- Warm-up routines
- Stretching routines

Return to Sport

- When to seek medical care

Performance Enhancement

- Sport-specific exercises

...and much more!

NEED MEDICAL ADVICE?

**WE NOW OFFER FREE
SPORTS INJURY SCREENS**

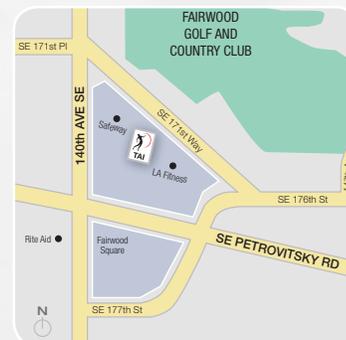
Our professionals would like to help you in determining the severity of an injury and if it would benefit from physical therapy care.

Our free sports injury screen includes:

- 15 minute consultation with a licensed physical therapist
- Gross assessment of strength, flexibility and function
- Recommendation of appropriate medical follow-up (if applicable)

****Appointment Required****

Terms & Conditions - The goal of the screening is to determine whether an athlete would benefit from a physical therapy evaluation and treatment or referral to another health care professional. No physical therapy treatment is provided during the screening. This offer has no cash value and is not for use in conjunction with any insurance program, and is not a substitute for any portion of patient financial responsibility (co-pay, co-insurance or deductible) under any insurance plan of benefits.



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