

Practising Injury Prevention and Management

Chapter 5: Injury Prevention and Management · Topic 2

Key Concept

Warming up before exercise, using correct technique, and wearing appropriate protective equipment, like helmets or pads, all help prevent common sports injuries.

Common sports injuries include sprains (ligament injuries), strains (muscle injuries), and fractures, each requiring different immediate responses and care.

The RICE method - Rest, Ice, Compression, Elevation - is a common first response for minor injuries like sprains, helping reduce swelling and pain.

For more serious injuries, it's important to avoid moving the injured person unnecessarily and seek professional medical help promptly to prevent further harm.

Quick Revision Notes

- Warming up helps prevent sports injuries.
- Correct technique and equipment use also help prevent injury.
- Sprains are ligament injuries, strains are muscle injuries.
- Fractures are bone injuries.
- RICE stands for Rest, Ice, Compression, Elevation.
- RICE is used for minor injuries like sprains.
- RICE helps reduce swelling and pain.
- Serious injuries need professional medical help promptly.

Practice Questions

- 1 Practice a proper warm-up routine before exercise.
- 2 Explain the RICE method in your own words.
- 3 Discuss the difference between a sprain and a strain.
- 4 Research appropriate protective equipment for a sport you play.
- 5 Discuss what to do if you see someone get injured during a game.
- 6 Create a simple injury prevention checklist for a sport.