

TREATING THE MOST COMMON INJURIES

Football is a physical sport. Players will come home with bumps and bruises once in a while, but most can be treated with a little ice, rest, and TLC.

Here are three of the most common injuries ...

NAME OF INJURY	DEFINITION	TREATMENT
Sprains	A stretch or tear of a ligament (tissue that joins the end of one bone to another), usually around a joint.	Use the R.I.C.E. method (see below).
Bruises	Small blood vessels below the skin break, allowing blood to leak into tissue around them.	Apply ice to your child's bruise to help start the healing process. After three days, rotate hot and cold twice a day for 15 minutes each. As the pain goes down, his or her range of motion will start to return.
Cuts/Scrapes	An injury that rubs or tears off skin but is not deep and may sometimes bleed. It's most commonly caused by accidents or falls.	Stop the bleeding with pressure from a towel. Ice the wound, then apply a sterile gauze pad, like a BAND-AID® Brand Gauze Pad, and elevate the body part. If you can't stop the bleeding with pressure, it might need stitches. Call 9-1-1 or go to your local emergency room. For minor injuries, consult with your pediatrician.

Recover with R.I.C.E.

For most minor injuries, recovery comes in four steps:

REST: Reduce your child's activity and help him or her avoid using the injured area for at least 48 hours — or longer if your pediatrician advises. If your child is concerned about staying in shape while healing, ask about alternative activities.

ICE: Wrap an ice pack in a thin cloth and hold it on your child's injured area for 20 minutes at a time, once an hour, as needed. Never put ice directly on skin.

COMPRESSION: Ask your pediatrician about wraps that can help apply gentle pressure (squeezing) to your child's injured area. Never wrap any body part too tightly.

ELEVATION: If possible, raise your child's injured area above heart level to decrease swelling.

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