

# Injury Prevention/Management Education Session

Justin Edwards – Corio Bay Health Group

## Principals of Rehabilitation

- ▶ Acute management – damage control

### PRICER

- Protect/Prevent
- Rest
- Ice
- Compression
- Elevation
- Refer to Dr



## Acute

### ***RICER***

RICER means: Rest, Ice, Compression, Elevation and Referral - these are essential elements for a quick recovery from injury.



**Rest reduces further damage.** Avoid as much movement as possible to limit further injury. Don't put any weight on the injured part of the body.

**Apply a cold pack or ice to injury for 20 minutes every 2 hours.** Continue this treatment for the first 48-72 hours. Ice cools the tissue and reduces pain, swelling and bleeding. Place cold pack wrapped in a towel onto the injured area. Do not apply cold pack directly to the skin. Extra care must be taken with people sensitive to cold (such as children) or with circulatory problems.

**Apply a compression bandage,** covering the injured area as well as the areas above and below. Compression reduces bleeding and swelling. Check the bandage is not too tight.

**Elevate the injured area** to stop bleeding and swelling. Place the injured area on a pillow for comfort and support.

**Refer the injured person to a qualified professional** such as a doctor or physiotherapist for precise diagnosis, ongoing care and treatment. A full recovery is then more likely.

## Common Mistakes in Acute Injury Care

### DO NO **HARM**

- Heat
- Alcohol
- Running
- Massage
- DRUGS

## Principals of Rehabilitation

### Ice Bath Recovery

- Immediately following completion
- 12-15 degrees Celsius

### Very Sore

- 10min straight Ice Bath
- Moderate
- 4min Ice/1min warm shower (2x Cycle)

### Mild

- 2min Ice/1min warm shower (3-4x Cycle)



## **Water Recovery Session**

1-2 Pays post competition

**Duration:** 20-30 minutes

### **Exercises – 25m pool**

- Walk forwards for 1 lap
- Walk backwards for 1 lap
- Walk dropping your knees for 1 lap
- Side to side walk for 1 lap each side
- High knee walk for 1 lap
- Running high knees for 1 lap
- Stretch calves, Achilles, quads, hamstrings, hip flexors
- Slow swimming with kickboard for 2 laps
- Slow breast stroke for 2 laps
- Slow backstroke for 2 laps
- Leg swings @ side of pool - 1 min L+R leg
- Stretch back, glutes, groins, upper body
- Slow freestyle swim for 2 laps
- Slow walk for 2 laps



# 100 POINT WEEKLY RECOVERY CHECKLIST



## COMPRESSION GARMENTS

*Worn during travel (> 2hrs):*

*Worn during sleep (8hrs):*

**10pts**

**15pts**



## ICE THERAPY

**15pts**



## POOL RECOVERY SESSION

*Alternate swim strokes, running drills, stretching (20-30min):*

**10pts**



## HYDRATION CHECK

*Daily monitoring: pre and post training bodyweight  
Fluid ingestion in litres = kg lost*

**5pts**

PER DAY



## ATHLETE RECOVERY DIARY

*Daily completion of recovery diary*

**5pts**

PER DAY



## MASSAGE / MANIPULATIVE THERAPY

*Deep tissue massage, myofascial / neural release,  
Self-Myofascial Release*

**15pts**



## STRETCHING

*Stretching session (30mins):  
Pilates class:*

**5pts**

**10pts**



## NUTRITIONAL SUPPLEMENTS

*Nutrient timing strategies  
Pre, during, post training*

**5pts**

PER DAY

**ACCUMULATE 100 POINTS EACH WEEK TO ASSIST YOUR RECOVERY  
USE AT LEAST 3 DIFFERENT TECHNIQUES FOR OPTIMUM BENEFIT**