**Sprains & Sports Injuries**

**First Aid**

**Sprains & Strains**

- **DRABC-D**
- Look and treat for any bleeding
- **RICE** treatment
- Rest the casualty down into a comfortable position
- Ice or cold compress applied to the injury, on for 10 minutes, off for 2 hours
- Compression bandage is wrapped around the injury
- Elevate the injured part
- Get Help

**Important**

- When in doubt, treat as a fracture.
  - See Also Broken Bones

**DO NOT** massage or rub the area

**DO NOT** apply heat creams

**Muscle Cramps**

- Slowly and carefully stretch the muscle
- Loosen constrictive clothing
- Apply a cold compress
  - Get Help - if unsuccessful

**DO NOT** massage or rub the area

**Observe**

**Pain**
**Swelling**
**Bruising**
**Reduced usability of the injured part**
**Loss of muscle function and power**
**Soreness in the muscle**

The R.I.C.E. treatment for sprains and strains:

**Rest**
**Ice**
**Compression**
**Elevate**

**Observe**

**Discomfort**
**Shortening of the muscle**
**Stiffening of the muscle**
DISLOCATIONS

☑️ DRABCD

☑️ Assist the casualty and place the limb into a comfortable position
☑️ Check the pulse at the end of the limb. Move the limb very gently to restore the pulse, if necessary
☑️ Apply cold compresses to the injured area

🚫 DO NOT try to reposition the joint

TENNIS ELBOW

☑️ DRABCD

☑️ Assist the casualty and place the limb into a comfortable position
☑️ Apply cold compresses to the injured area

- if pain persists

STITCH

☑️ Encourage casualty to breathe deeply
☑️ Discourage casualty from further exercise for a few hours

- if unsuccessful

Observe

- Inability to move joint
- Deformity
- Pain
- Swelling
- Bruising

Observe

- Pain and soreness at the elbow
- Overuse of the joint

Observe

- Discomfort
- Painful breathing

Place the dislocated limb into a comfortable position.

Encourage the stitch casualty to breathe deeply.

Encourage the stitch casualty to breathe deeply.
SPRAINS, STRAINS & SPORTS INJURIES

Sprain: A Sprain is the result of torn ligaments.

Strain: A Strain is the over-stretching of a muscle. When a joint is sprained or a muscle strained, it causes bleeding and fluids to pour into the tissues. There is pain, swelling and bruising in the area.

Dislocation: A Dislocation is a joint injury in which a bone pops out of position.

DO NOT try to reposition the bone.

Casualties with dislocations need medical attention. If in doubt about a dislocation, treat as a fracture. Check for the circulation in the end of the limb. Poor circulation indicates the need for urgent medical attention.

SCUBA - DIVING INJURIES

DRABCD

- Remove casualty from water
- Keep casualty flat on back
- Apply 100% oxygen if you are qualified to do so
- Get Help - state that this is a SCUBA diving accident or call Diver’s Emergency Service
  1800 088 200 (in Australia)
  61 8 8373 5312 (outside Australia)

Bleeding from ear
Coughing up blood
Tightness in the chest
Unconsciousness after a dive
Rapid ascent
Stiffness in neck or joints

Keep casualty flat on back, apply 100% oxygen if you are qualified to do so.
**R.I.C.E. TREATMENT:**

The letters stand for:

**Rest** the casualty and the injured part

**Ice** compresses applied for 10 minutes and removed for 2 hours. This treatment should be repeated for 48 hours after an injury.

⚠️ The ice pack must not be applied directly to the skin.

Wrap ice pack in a cloth before applying to avoid damaging the skin.

**Compression** by firmly applying a crepe bandage

**Elevation** of the injured limb

Casualties with soft tissue injuries like sprains and strains can benefit from the **R.I.C.E.** treatment. After using the **R.I.C.E.** treatment for 48 hours, the bleeding has stopped and the damaged tissues start rebuilding. Heat rub treatment can then be applied to promote circulation and assist in the tissue rebuilding.