

The EIOC Sports Medicine Staff has created an Injury Information Poster for the public to be more aware of common sports-related injuries. This poster is available to any athlete, parent, coach, or school FREE-OF-CHARGE. It contains the following injury table, as well as other valuable information. If you would like one or more copies of this poster, call (918) 494-9300 or email John Joslin.

HEAT EXHAUSTION

SYMPTOMS

Profuse sweating, weakness, excessive thirst, fatigue, uncoordinated, skin may be cold and clammy

CARE

Drink plenty of cool water, rest in cool area, sponge with cool water, monitor body weight

PREVENTION

Proper diet, rest, fluid replacement

HEAT STROKE

SYMPTOMS

Abrupt onset, hot-red skin, rapid pulse, rapid breathing, extreme body temperature, extremely disoriented

CARE

Medical emergency, call EMS or transport to hospital immediately, decrease body temperature quickly with ice, water and cool air

PREVENTION

MUSCLE CRAMP

SYMPTOMS

Pain in muscle belly, painful to the touch, may recur through play

CARE

Immediately stretch the muscle to ease spasm, fluid replacement

PREVENTION

Proper fluid replacement, diet, rest, good flexibility

MUSCLE STRAIN

SYMPTOMS

Sore muscle, tender to the touch, limited strength, may be discolored

CARE

R.I.C.E. method, limit activity, gentle stretching throughout the day, wrap for play, ice after exercise

PREVENTION

Proper flexibility, good stretching program before and after exercise

LIGAMENT STRAIN

SYMPTOMS

Painful, swollen joint, may be discolored, may be difficult to move or walk

CARE

R.I.C.E. method, splint for support, limit activity until pain and swelling subside, gradual return to play with tape/brace

PREVENTION

Proper fitting, tightly laced athletic shoes, proper fitting ankle support/tape

SHIN SPLINTS

SYMPTOMS

Pain about the front of the lower leg

CARE

Gentle stretching of lower leg, ice, massage, tape/support arches

PREVENTION

Proper conditioning to prepare the body for the season

NOTE: ALWAYS CONSULT WITH A PHYSICIAN WHEN DEALING WITH ATHLETIC INJURIES