

# Soccer Injuries



The Soccer Injuries section takes an in depth look at a variety of the most common injuries and how to prevent and treat those injuries.

Go to the "Training Room" designed by Mike Walden, our Sports Injury Therapist for a virtual diagnosis of over 100 soccer injuries. You will be provided information on the causes, symptoms and information that is relevant for treatment and rehabilitation. In addition topics such as, What's in a Medical Kit, What to do when there is an injury, How to deal with Lacerations, Strains, Sprains, Head Injuries, Nose Bleeds and Environmental Illnesses.

The following information is offered as an aid to assist soccer coaches in the management of injuries sustained during typical youth soccer activities. It is not intended to be used as medical advice, nor is it intended for use as all encompassing treatment. During the course of a practice or game, players do sustain injuries. Knowing what to do can help reduce unwarranted time off. This is meant to be a common sense guide to injuries. It is strongly recommended that coaches attend accredited first aid and CPR classes. Many of the basic questions regarding injuries will be addressed at these classes. Immediately seek professional medical advice if you are ever in doubt regarding an injury or potential injury.

It is advisable to receive a written notice from the player's physician upon return to play. Many parents and players will attempt to return without proper medical advice. For the protection of the player, as well as you, it is strongly advised that a medical release is received before allowing the player to return to the field. In a sue-happy world, this will aid in the prevention of unwanted litigation.

The most common treatment for any injury is R-I-C-E (rest, ice, compression, and elevation). Coaches should bring a cooler with ice, have plastic bags to hold the ice and some type of wrap to keep the bag in place. Do not place the ice directly on the skin. Use a towel or shirt as protection. Use caution if using an elastic wrap. People tend to wrap these too tightly, not allowing for impending swelling. This causes the wrap to become too tight. Use any material handy to elevate the limb.

Youth players are unique in that they will not try to "push" an injury to facilitate playing (most players, not all). When a youngster is injured, he will typically refuse to play. Heed this refusal to prevent further injury.

It does not mean that the player is wimpy or a coward. When approaching an injured player, you should be able to ascertain the injured area from the player's actions. Ask the player EXACTLY where he is injured. Also ask what the circumstances were leading to the injury. This will permit you to understand the events leading to the injury.

The player should not be permitted to use the affected limb. Some universities and high schools have athletic departments that will teach coaches how to properly tape injuries. DO NOT attempt to tape an injury if you have not been trained. This could cause more damage than the good that is intended.