

# Treating Minor Sport Injuries

While participating in physical activities many minor injuries may occur. Some of these injuries may be serious requiring immediate medical attention, however others may be minor aches and sprains which can be dealt with effectively by the participant.

Upon suffering an injury such as a sprained thumb or ankle the simple "RICE" formula is important to remember. "R" is for rest, "I" is for ice, "C" is for

compression and "E" is for elevation of the limb if applicable. Although it is not always possible to rest a minor injury in the game situation, this should always be considered if the injury is painful and has swollen substantially.

The use of ice is essential in the care of minor injuries. Ice is used in the acute stage of an injury because it best decreases the metabolism of the injured tissues. It also limits the extent of the injury and will control the

amount of swelling and bruising. Any pain and muscle spasm may also be decreased with the use of ice.

Ice can be applied in numerous ways. Crushed ice can be placed in a plastic bag or a wet towel and placed on the affected area with a tensor wrap. The commercial chemical cold packs are effective, however, their ability to lower the temperature of deeper tissues is limited. Ice should be applied for approximately fifteen to twenty minutes, once an hour. It is important to remember that ice can cause frostbite, so remove the ice pack if a burning sensation is felt.

Compression is used to help decrease the amount of

swelling and is usually done with the application of an elastic wrap. Elevation of the affected limb is most applicable if a part of the leg or arm has been injured. When used, the injured area should be elevated above the level of the heart as much as possible in the first twenty four hours. This will prevent the pooling of blood and decrease the amount of swelling that will occur after the injury.

Once the first forty-eight hours have passed, heat may be used as well as ice. The heat will increase the blood flow to the area, aiding in the removal of the swelling. With injured muscles, heat can be applied using a hot water bottle for ten to fifteen minutes. This should be followed

by gentle stretching and the use of ice. If the injury is a minor sprain, such as a sprained thumb or ankle, than soaking the affected area in hot water can be effective in helping to decrease the swelling.

Using this guide minor acute injuries can be managed successfully. It, however, is important to ensure that injured areas are properly warmed and stretched prior to exercising to prevent further injuries. Ice should also be used after any activities when recovering from an injury. If an injury does not appear to be healing please contact your physician or local physiotherapist for an evaluation.

Submitted by  
Daniela Rubinger, B.Sc. PT,  
Physioclinic - Dalplex



Canada's most modern aircraft fleet!

## AIRPORT STANDBY FARES ONE WAY FARES - HALIFAX to:

<b>VANCOUVER</b> \$300* Plus tax \$46.13	<b>CALGARY</b> \$290* Plus tax \$44.63	<b>EDMONTON</b> \$290* Plus tax \$44.63
<b>TORONTO</b> \$150* Plus tax \$23.63	<b>ST. JOHN'S</b> \$100* Plus tax \$16.13	

\* NAV fee add \$7.50 per passenger

## FLIGHT SCHEDULE - HALIFAX DEPARTURES SEPTEMBER 1999

TO	MON	TUES	WED	THURS	FRI	SAT	SUN
VANCOUVER	18:55	13:45 <sup>1</sup> 20:45 <sup>2</sup>	18:55	13:45	18:55	-	-
CALGARY	18:55	-	18:55	13:45	-	-	-
EDMONTON	-	13:45 <sup>1</sup> 20:45 <sup>2</sup>	-	-	18:55	-	-
TORONTO	-	15:00	11:45	16:55 20:20	11:30 13:40 15:50	10:10	18:25
ST. JOHN'S	-	19:55	-	18:45	-	-	-

<sup>1</sup> Begins Sept 13 <sup>2</sup> Week of Sept 6 only

**AIRPORT STANDBY FARES:** Are subject to available seats prior to departure. Passengers may register 2 1/2 hours prior to the scheduled departure of flight. Fares are subject to change without notice. Travel on any specific flight is not guaranteed. Payment (Cash or Credit Card only) must be made on departure. One way travel only. Schedule subject to change without notice.

**CANADA 3000**

Reliable Affordable Air Travel



HOME OF THE BIGGEST SLICE

WELCOME BACK  
STUDENT DISCOUNT

10% OFF REG. PRICES

425-0-425

LARGE PARTY SIZE PIZZA  
FREE 9" GARLIC FINGERS  
\$10.95

FAMOUS DONAIRS  
2 DONAIRS \$3.99



Whatever kind of sports you like, you could be the Sports Editor.



Come to the Gazette, rm 312 SUB, meeting Monday 13 Sept. at 4:30 to apply. Info 494-2507

## the physioclinic

EXPERTISE, EFFECTIVENESS, ENERGY

494-3653 - Dalplex  
423-2605 - Spring Garden Road

The Physioclinic brings 12 years experience and expertise in many areas to the students of Dalhousie University and Dal Tech.

Providing Multidisciplinary Rehabilitation for:

- ❖ Musculoskeletal Injuries
- ❖ Postural Injuries
- ❖ Sports Injuries
- ❖ Motor Vehicle Accident Related Injuries
- ❖ Work Related Injuries

Services provided to any clients:

- ❖ Physiotherapy
- ❖ Massage Therapy
- ❖ Nutritional Counseling
- ❖ Home Care
- ❖ Work Conditioning and Functional Ability Testing

Most insurance companies cover these services and will accept direct billing.

No physician referral required