

LVAC INJURY TREATMENT GUIDELINES

Get to know your athletes. A lot of injuries/issues may not be reported so instead look for deviations from the norm.

Cuts/Bleeding

- Flush wound
- Apply sterile bandage w/direct pressure

Head Injuries/Concussions\

- Concussions = brain bouncing off sides of skull
- A&Ox4
- LOC
- Unequal pupils
- Stumbling, loss of coordination, acting strangely

Bruises, Sprains, Fractures, Dislocations

- If PT cannot move do not try to force the limb.
- Keep PT in position of most comfort and immobilize the limb
- Sprains = pain tolerance, watch for swelling, Ice (NO Aspirin/Alieve in 1st 24 hrs)
 - o RICE (Rest, Ice, Compression, Elevate)

Heat/Cold Injuries

- If you are thirsty, it is too late to hydrate
- Even if weather is not hot, even if overcast, can still develop sunburn.
- Softball can have a lot of standing/sitting around, encourage kids to jump around on cold days
 - o especially if notice kids become lethargic

Allergic Reactions

- rashes, redness
- unable to breath/speak
- know allergies before hand
 - o avoid allergens (i.e. know food allergens) at practice and games