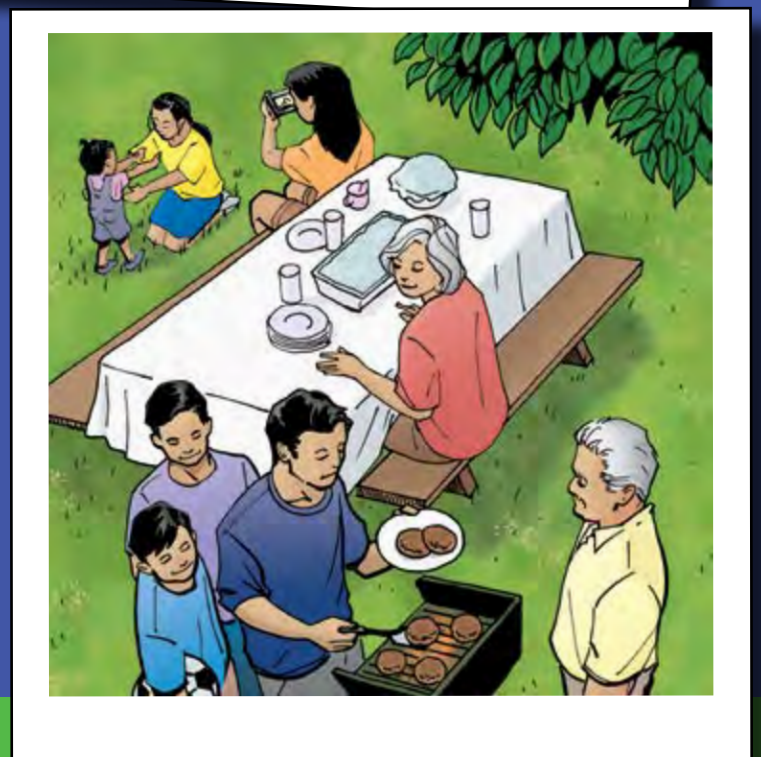


Ana's Story

How she and her family learned about sports injuries.



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U.S. Department of Health
and Human Services

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How she and her family learned about sports injuries.



Ana



Juan



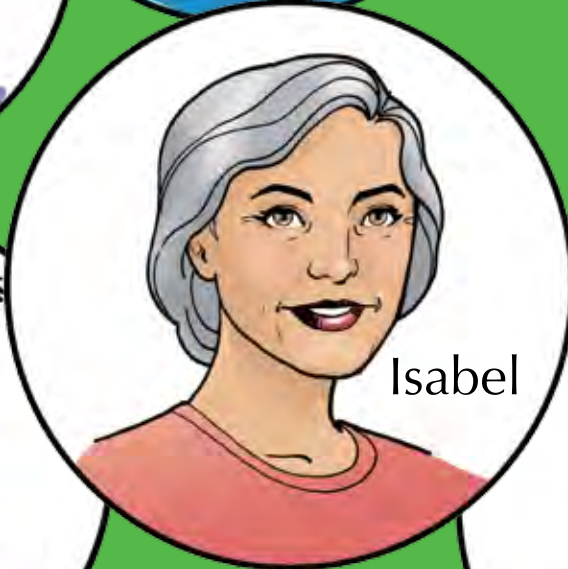
Néstor



Tony



Elena



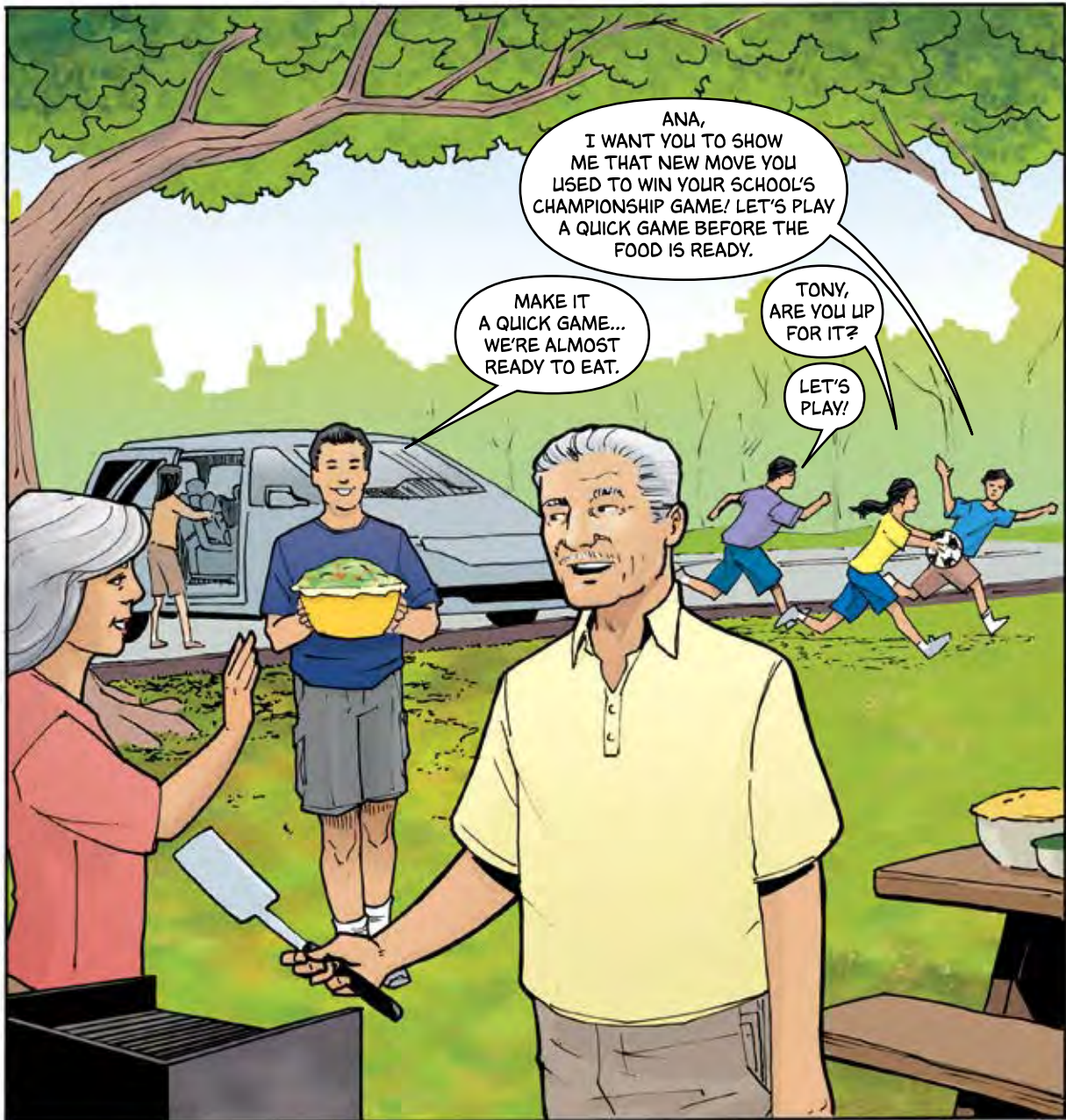
Isabel

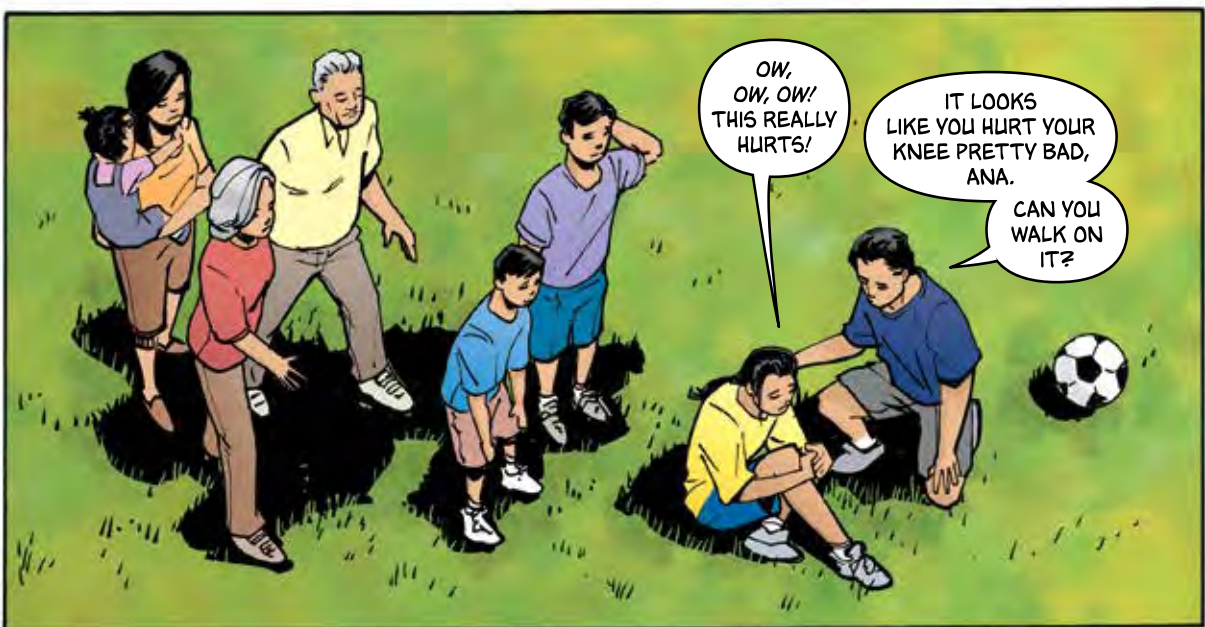


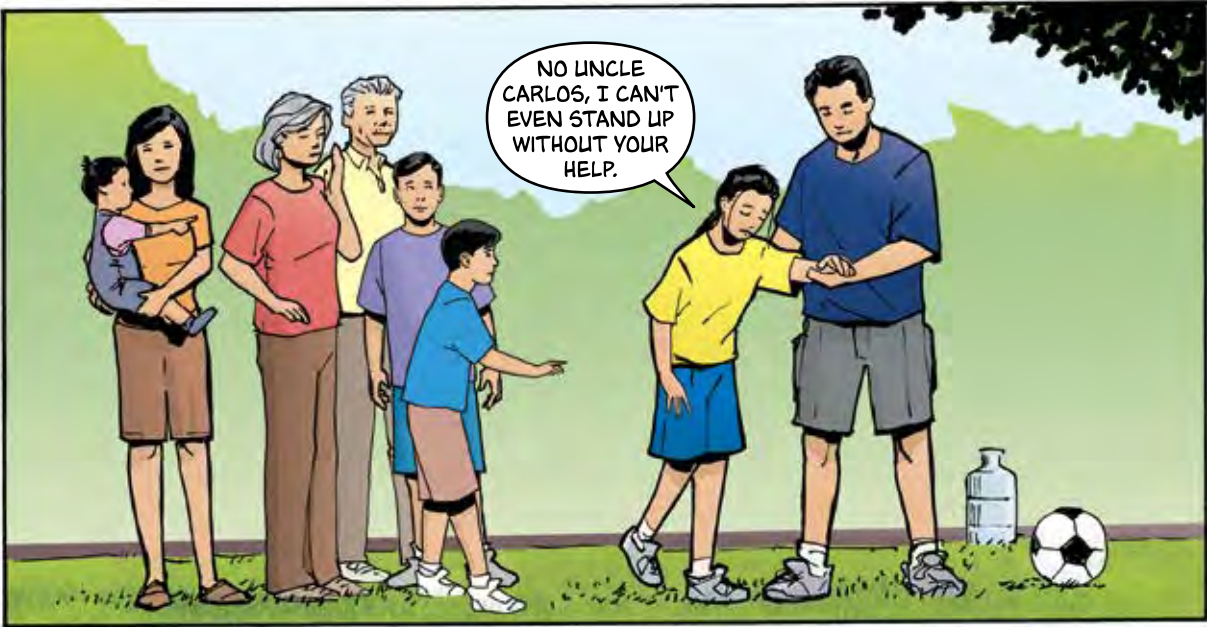
María



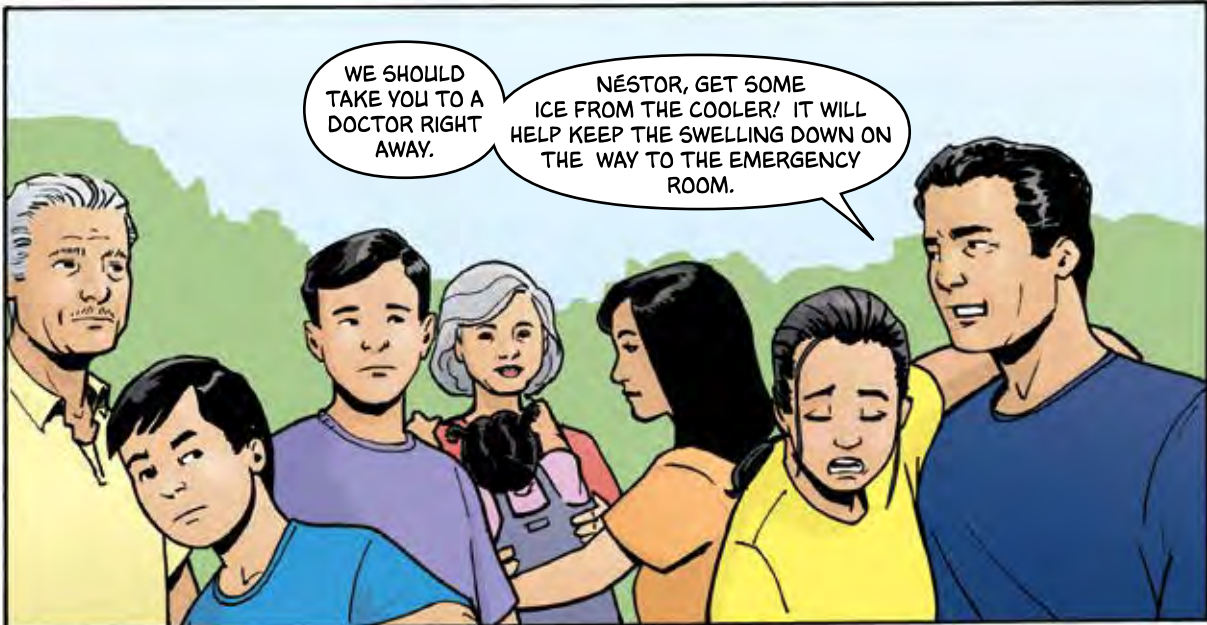
Carlos





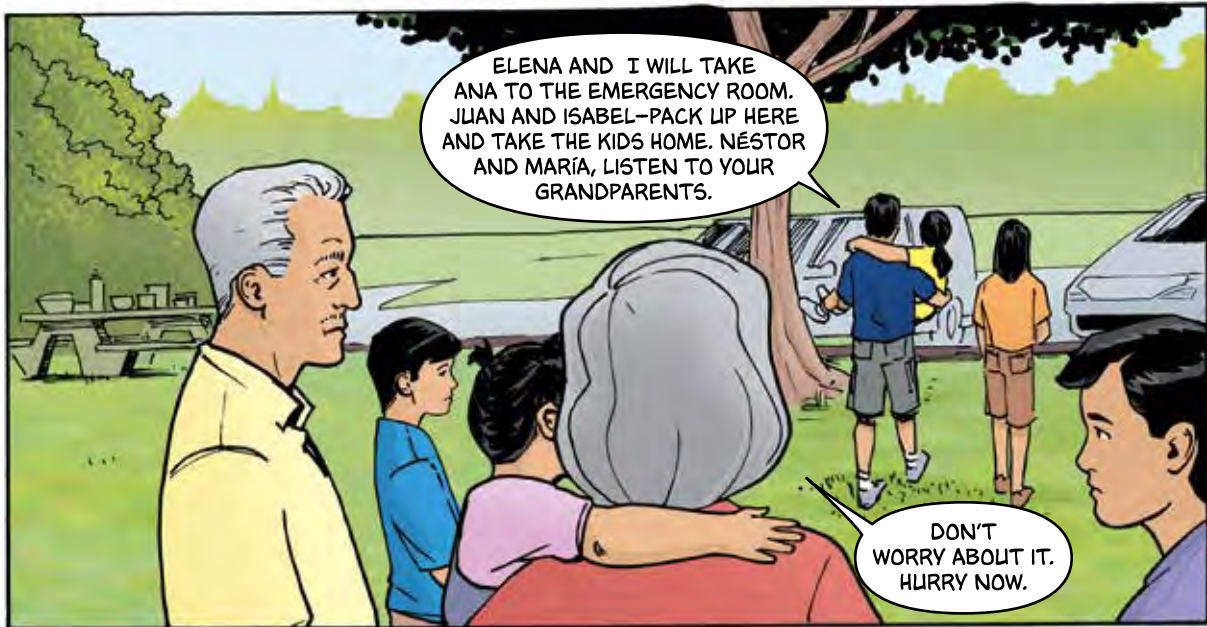


NO UNCLE CARLOS, I CAN'T EVEN STAND UP WITHOUT YOUR HELP.



WE SHOULD TAKE YOU TO A DOCTOR RIGHT AWAY.

NÉSTOR, GET SOME ICE FROM THE COOLER! IT WILL HELP KEEP THE SWELLING DOWN ON THE WAY TO THE EMERGENCY ROOM.



ELENA AND I WILL TAKE ANA TO THE EMERGENCY ROOM. JUAN AND ISABEL—PACK UP HERE AND TAKE THE KIDS HOME. NÉSTOR AND MARÍA, LISTEN TO YOUR GRANDPARENTS.

DON'T WORRY ABOUT IT. HURRY NOW.



SHOULD I KEEP THE ICE ON MY KNEE THE ENTIRE WAY?

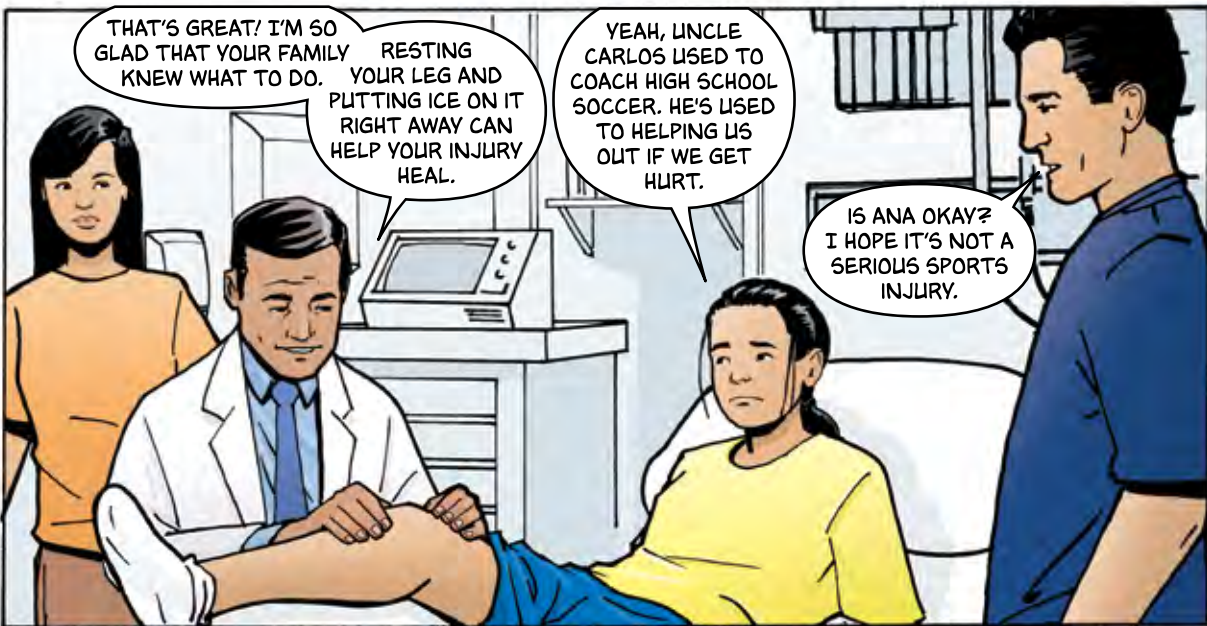
YES, ANA. AND TRY TO KEEP YOUR LEG FROM MOVING. RESTING YOUR LEG AND APPLYING ICE WILL HELP UNTIL WE GET TO THE HOSPITAL. DON'T WORRY, IT'S JUST A FEW MINUTES AWAY.



A FEW HOURS LATER...

HI, I'M DOCTOR LOPEZ. ANA, HOW DOES THAT KNEE FEEL?

MUCH BETTER, THANK YOU. THE ICE IS REALLY HELPING.



THAT'S GREAT! I'M SO GLAD THAT YOUR FAMILY KNEW WHAT TO DO.

RESTING YOUR LEG AND PUTTING ICE ON IT RIGHT AWAY CAN HELP YOUR INJURY HEAL.

YEAH, UNCLE CARLOS USED TO COACH HIGH SCHOOL SOCCER. HE'S USED TO HELPING US OUT IF WE GET HURT.

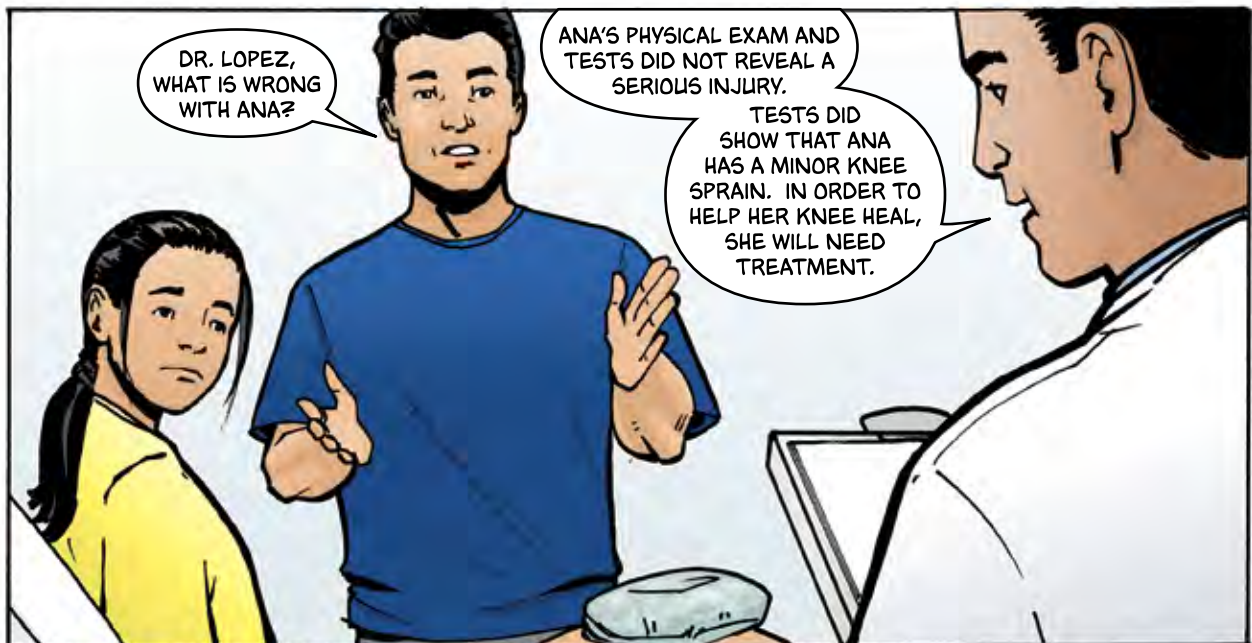
IS ANA OKAY? I HOPE IT'S NOT A SERIOUS SPORTS INJURY.



SPORTS INJURIES CAN RANGE FROM A SPRAIN OR STRAIN TO A FRACTURE OR DISLOCATION.

SOME ARE FROM ACCIDENTS. OTHERS CAN RESULT FROM POOR TRAINING PRACTICES OR IMPROPER GEAR.

SOME PEOPLE GET INJURED WHEN THEY ARE NOT IN PROPER CONDITION. NOT WARMING UP OR STRETCHING ENOUGH BEFORE YOU PLAY OR EXERCISE CAN ALSO LEAD TO INJURIES.



DR. LOPEZ, WHAT IS WRONG WITH ANA?

ANA'S PHYSICAL EXAM AND TESTS DID NOT REVEAL A SERIOUS INJURY.

TESTS DID SHOW THAT ANA HAS A MINOR KNEE SPRAIN. IN ORDER TO HELP HER KNEE HEAL, SHE WILL NEED TREATMENT.



TREATING A SPRAINED KNEE AND MANY OTHER SPORTS INJURIES IS SIMPLE. JUST FOLLOW THESE STEPS FOR UP TO 48 HOURS AFTER THE INJURY OCCURS:

➔ **REST:**

REDUCE OR STOP USING THE INJURED AREA FOR AT LEAST 48 HOURS. IF YOU HAVE A LEG INJURY, YOU MAY NEED TO STAY OFF OF IT COMPLETELY.

➔ **ICE:**

PUT AN ICE PACK ON THE INJURED AREA AS SOON AS POSSIBLE FOR 20 MINUTES AT A TIME, FOUR TO EIGHT TIMES PER DAY. USE A COLD PACK, ICE BAG, OR A PLASTIC BAG FILLED WITH CRUSHED ICE THAT HAS BEEN WRAPPED IN A TOWEL.

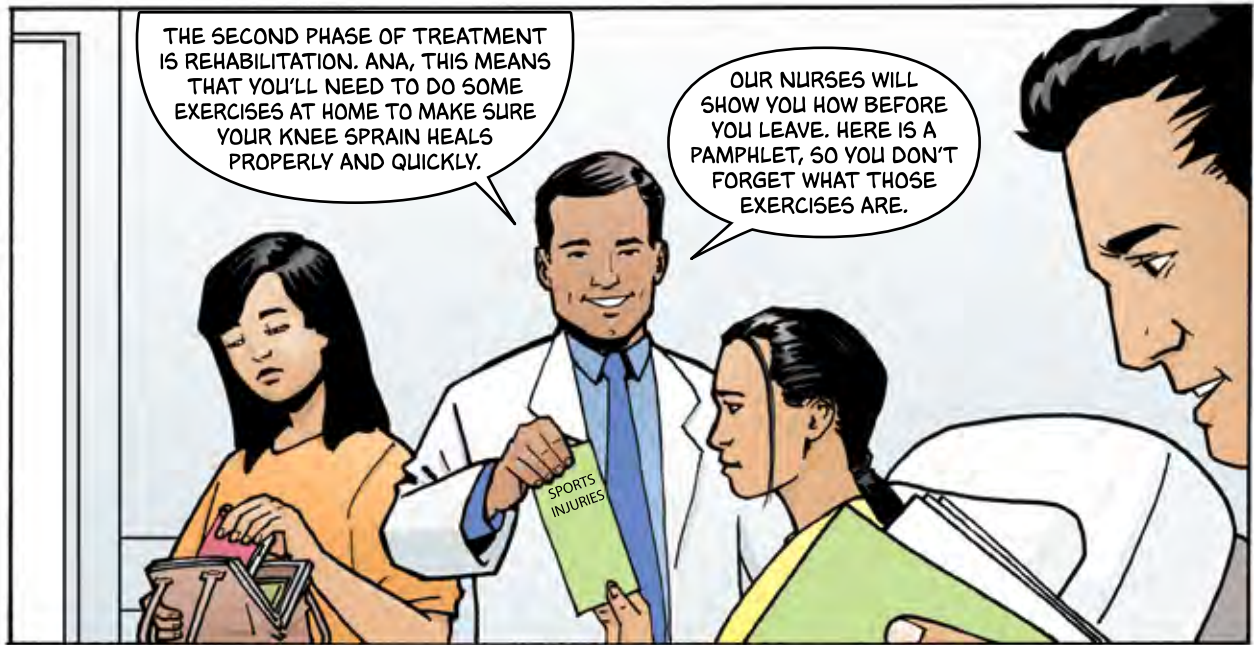
➔ **COMPRESSION:**

ASK THE DOCTOR ABOUT ELASTIC WRAPS, AIR CASTS, SPECIAL BOOTS, OR SPLINTS THAT CAN BE USED TO COMPRESS AN INJURED ANKLE, KNEE, OR WRIST TO REDUCE SWELLING.

➔ **ELEVATION:**

RAISE THE INJURED AREA ABOVE THE LEVEL OF THE HEART TO HELP REDUCE SWELLING. USE A PILLOW TO HELP ELEVATE AN INJURED LIMB.

IF YOU THINK THE INJURY COULD BE SERIOUS, CALL YOUR DOCTOR RIGHT AWAY!



TREATMENT FOR SPRAINS AND STRAINS OFTEN INCLUDES REHABILITATION EXERCISES.

THESE EXERCISES ARE DESIGNED TO:

- REDUCE SWELLING
- PREVENT STIFFNESS
- IMPROVE RANGE OF MOTION
- RESTORE JOINT FLEXIBILITY AND STRENGTH



DOING YOUR EXERCISES THE WAY A DOCTOR TELLS YOU TO WILL HELP YOU GO BACK TO DOING YOUR NORMAL ACTIVITIES. IT WILL ALSO HELP AVOID INJURING THE AREA AGAIN IN THE FUTURE.



PREVENTING SPORTS INJURIES:

➔ MAKE SURE CHILDREN GET A VARIETY OF PHYSICAL ACTIVITY EVERY DAY! ANY KIND OF DAILY ACTIVITY, INCLUDING PLAYING FREELY, CAN HELP CHILDREN TAKE ON ANY SPORT.

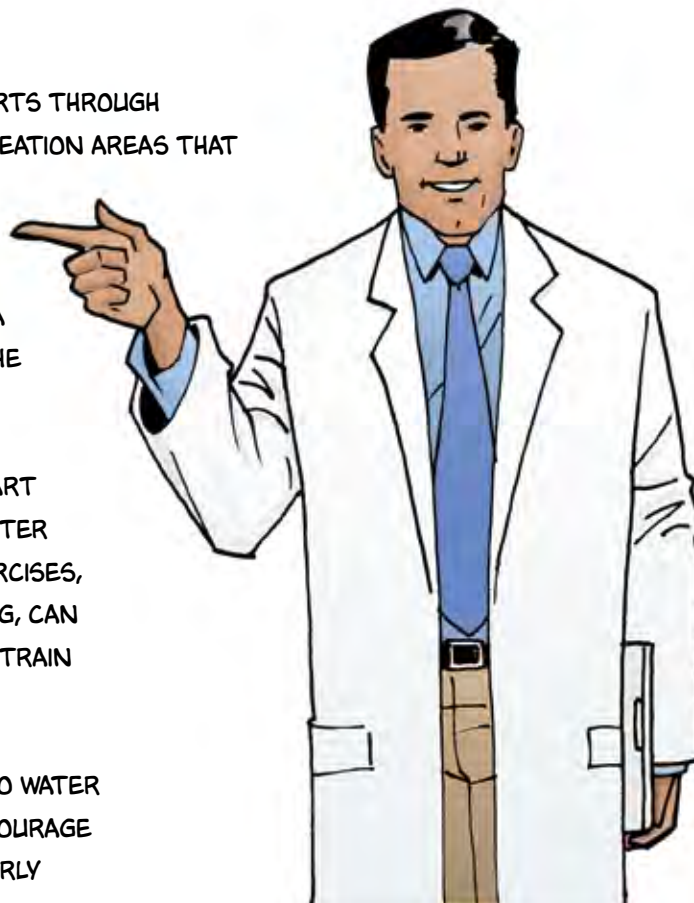
➔ EVEN IF YOUR CHILD IS ACTIVE EVERY DAY, INJURIES CAN HAPPEN DURING ANY SPORT. HERE ARE SOME THINGS THAT CAN HELP PREVENT INJURIES.

➔ ENROLL CHILDREN IN ORGANIZED SPORTS THROUGH SCHOOLS, COMMUNITY CLUBS, AND RECREATION AREAS THAT ARE PROPERLY MAINTAINED.

➔ MAKE SURE CHILDREN HAVE—AND CONSISTENTLY USE—PROPER GEAR FOR A PARTICULAR SPORT. THIS MAY REDUCE THE CHANCES OF BEING INJURED.

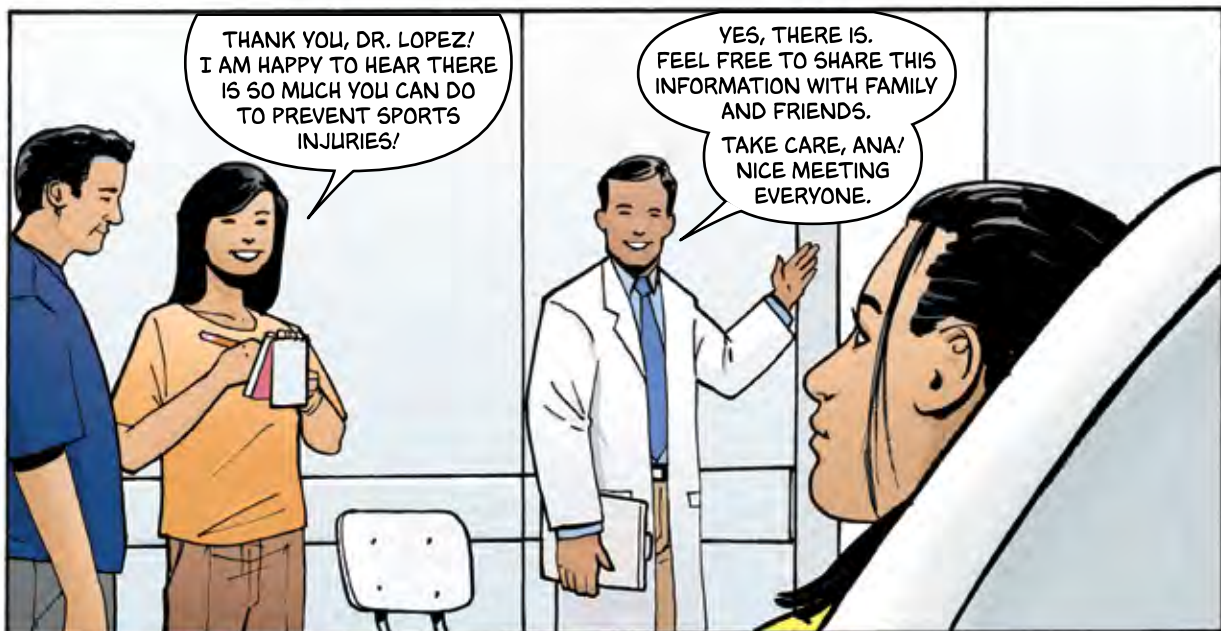
➔ MAKE WARM UPS AND COOL DOWNS PART OF CHILDREN'S ROUTINE BEFORE AND AFTER PARTICIPATING IN SPORTS. WARM UP EXERCISES, SUCH AS STRETCHING AND LIGHT JOGGING, CAN HELP REDUCE THE CHANCE OF MUSCLE STRAIN OR OTHER INJURY DURING SPORTS.

➔ MAKE SURE CHILDREN HAVE ACCESS TO WATER OR A SPORTS DRINK WHILE PLAYING. ENCOURAGE THEM TO DRINK OFTEN AND STAY PROPERLY HYDRATED.



***BEFORE ANY PHYSICAL ACTIVITY OR SPORT,
IT IS IMPORTANT FOR PARENTS, CAREGIVERS,
AND COACHES TO MAKE SURE CHILDREN:***

- ➔ ARE IN PROPER CONDITION TO PLAY THE SPORT.
- ➔ GET A PHYSICAL EXAM BEFORE PLAYING SPORTS.
- ➔ FOLLOW THE RULES OF THE GAME.
- ➔ WEAR GEAR THAT PROTECTS, FITS WELL, AND IS RIGHT FOR THE SPORT.
- ➔ KNOW HOW TO USE ATHLETIC GEAR.
- ➔ DON'T PLAY WHEN THEY ARE VERY TIRED OR IN PAIN.



MINUTES
LATER...

ANA, GOOD NEWS!
DR. LOPEZ SAYS YOU
CAN GO HOME AFTER
WE SHOW YOU SOME
EXERCISES.

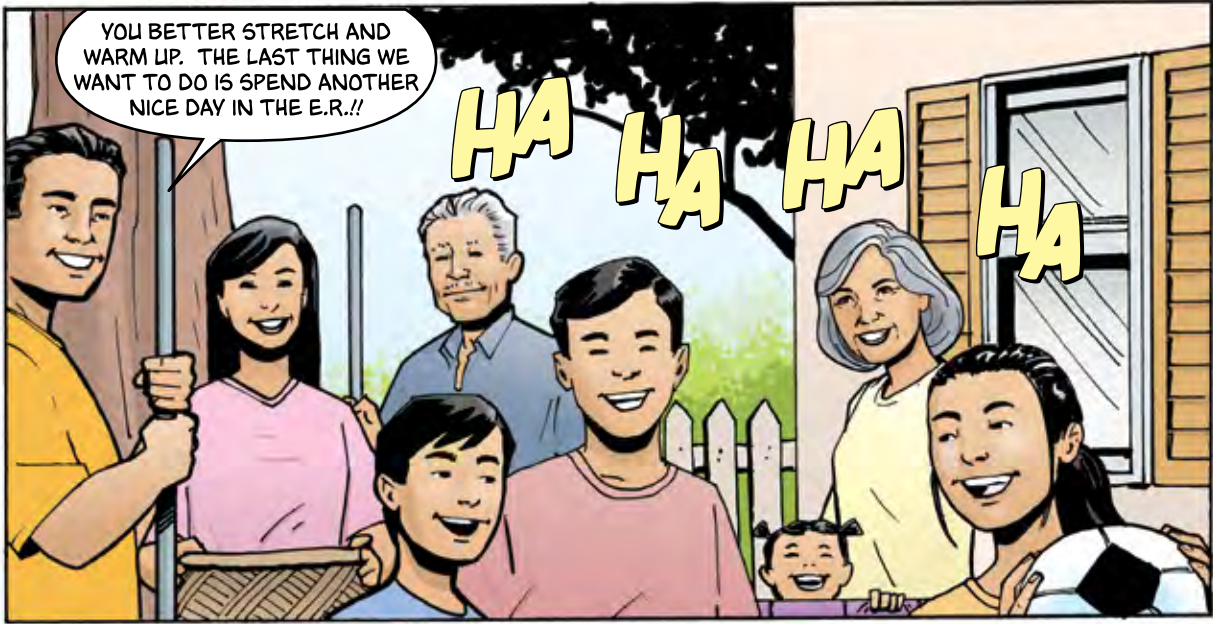
WOO-
HOO!

SIX WEEKS
LATER...

I'M GLAD THE
DOCTOR SAID YOU
COULD PLAY SOCCER
WITH US AGAIN. IT'S
NOT THE SAME
WITHOUT YOU!

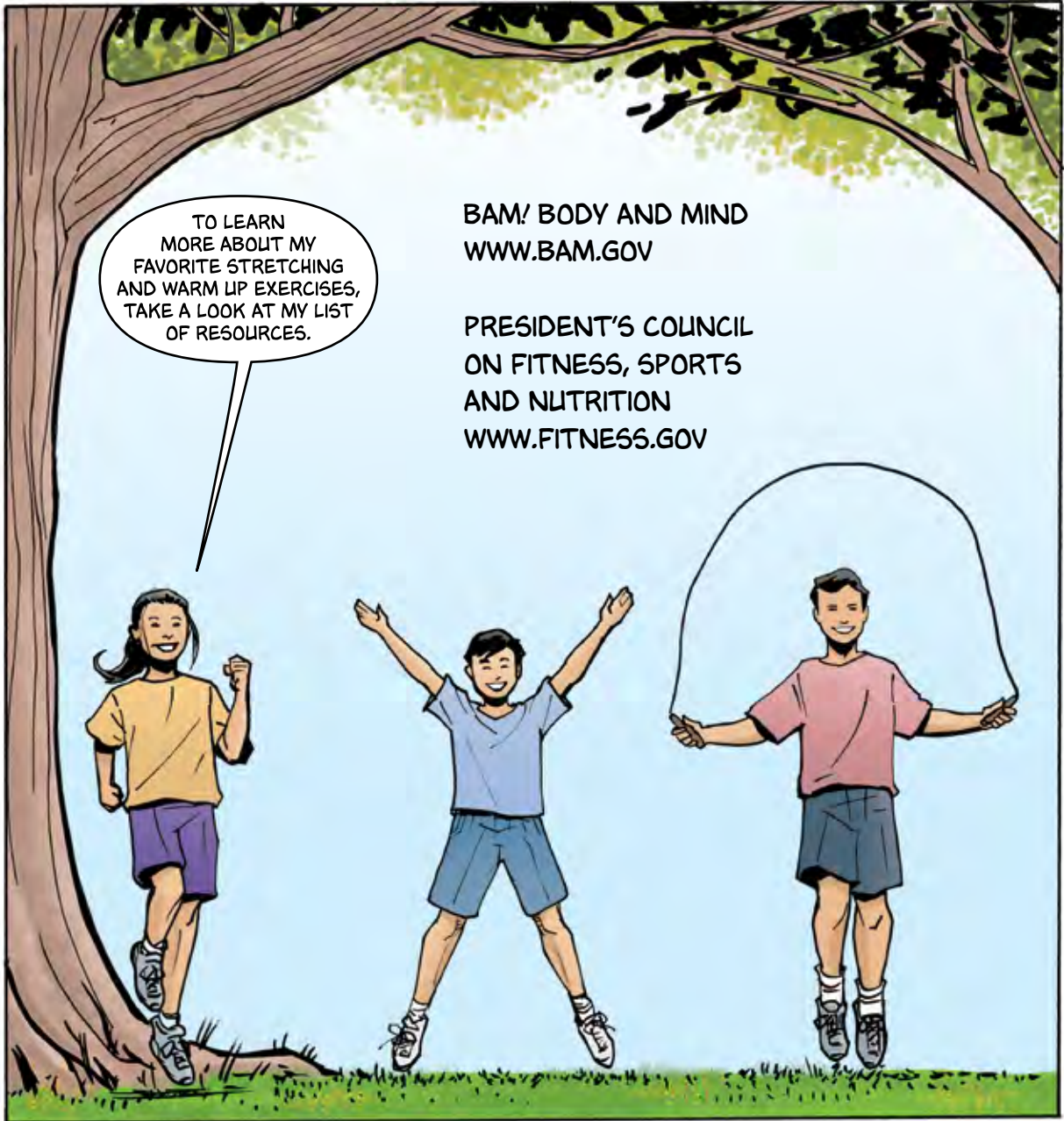
ME, TOO.
LET'S PLAY!

YOU KNOW
WHAT? WE ALMOST
FORGOT TO WARM
UP AND THEN
STRETCH!



YOU BETTER STRETCH AND WARM UP. THE LAST THING WE WANT TO DO IS SPEND ANOTHER NICE DAY IN THE E.R.!!

HA HA HA HA



TO LEARN MORE ABOUT MY FAVORITE STRETCHING AND WARM UP EXERCISES, TAKE A LOOK AT MY LIST OF RESOURCES.

BAM! BODY AND MIND
WWW.BAM.GOV

PRESIDENT'S COUNCIL
ON FITNESS, SPORTS
AND NUTRITION
WWW.FITNESS.GOV



BE SURE TO ALWAYS:

- ➊ WARM UP BEFORE PLAYING.
- ➋ DRINK PLENTY OF FLUIDS WHILE PLAYING.
- ➌ REST WHEN YOU ARE TIRED.
- ➍ MAKE SURE AN ADULT IS AROUND WHEN PLAYING GROUP SPORTS.

RELATED TERMS

DISLOCATION:

WHEN THE TWO BONES THAT COME TOGETHER TO FORM A JOINT BECOME SEPARATED. CONTACT SPORTS SUCH AS FOOTBALL, SOCCER, AND BASKETBALL, AS WELL AS HIGH-IMPACT SPORTS AND SPORTS THAT CAN RESULT IN EXCESSIVE STRETCHING OR FALLING, CAUSE THE MAJORITY OF DISLOCATIONS. A DISLOCATED JOINT IS AN EMERGENCY SITUATION THAT REQUIRES MEDICAL TREATMENT.

FRACTURE:

A BREAK IN THE BONE THAT CAN OCCUR FROM EITHER A QUICK, ONE-TIME INJURY TO THE BONE (ACUTE FRACTURE) OR FROM REPEATED STRESS TO THE BONE OVER TIME (STRESS FRACTURE). A FRACTURED BONE IS THE SAME THING AS A BROKEN BONE.

REHABILITATION:

EXERCISE PROGRAM DESIGNED TO RETURN THE INJURED BODY PART TO A NORMAL LEVEL OF FUNCTION.

SPRAIN:

A STRETCH OR TEAR OF A LIGAMENT, THE BAND OF CONNECTIVE TISSUES THAT JOINS THE END OF ONE BONE WITH ANOTHER.

STRAIN:

A TWIST, PULL, OR TEAR OF A MUSCLE OR TENDON, A CORD OF TISSUE CONNECTING MUSCLE TO BONE.

FOR MORE INFORMATION ABOUT SPORTS INJURIES AND OTHER RELATED CONDITIONS:

***NATIONAL INSTITUTE OF ARTHRITIS AND
MUSCULOSKELETAL AND SKIN DISEASES
(NIAMS)***

***INFORMATION CLEARINGHOUSE
NATIONAL INSTITUTES OF HEALTH***

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