

## Unit 4 SPORTS INJURIES

More than 10 million sports injuries occur each year. Most sports injuries are due to either traumatic injury or *overuse* of muscles or joints.

### 1. Wounds

A **wound** is any break in the skin or body surface. **Cuts** can be caused by sharp edges such as jewellery or stones. When the skin is cut, the blood vessels at the wound edges are cut straight across, so blood loss is very likely. **Grazes** are wounds in which the top layers of skin are scraped off. Grazes are commonly caused by a sliding fall (trip on a running track) or friction burn (hands sliding along a rope).

### 2. Bone injuries

A **fracture** is a break or crack in the bone. Bones can break when a *direct impact* is received (hockey stick striking the shin) or *indirect force* is produced by a twist or a wrench (a trip or stumble).

### 3. Joint/Muscle Injuries

#### **Sprain**

Injury to a ligament at, or near, a joint. It is often the result of a sudden or unexpected wrenching movement at the joint that pulls the bones within the joint too far apart and tears the tissues surrounding the joint.

#### **Strain**

Overstretching of the muscle, which may result in a partial tearing.

#### **Deep bruising (soft tissue injury)**

These injuries are usually accompanied by bleeding into the damaged area, which can lead to pain and swelling.

#### **Rupture**

Complete tearing of the muscle, which may occur in the fleshy part or in the tendon.

### 4. Heat Exhaustion

Heat exhaustion, an advanced condition of *hyperthermia*, is very common in marathon runners; especially in hot, humid conditions. The body temperature rises, which makes blood rush to the skin to cool it down. This makes less blood available to the working muscles and so extreme tiredness, breathlessness and dizziness occurs.

### 5. Unconsciousness

Unconsciousness occurs from an interruption of the brain's activity.

### 6. Shock

The circulatory system distributes blood round the body, so that oxygen and nutrients can be fed into the tissues. When the system fails, circulatory shock will develop. If not treated immediately, vital organs such as the brain may fail. A typical cause of shock is a blow to the chest (winding).

**Symptoms** include: cold and pale skin, shaking or chills, chest pain, a weak but rapid pulse, shallow breathing, dizziness or general weakness, vomiting, unconsciousness.

**Task 1** Test your knowledge of injuries! Mark the following statements **True (T)** or **False (F)**.

- 1. A wound where the top layers of skin are scraped off is called a rupture. *T/F*
- 2. Both sprains and strains affect muscles. *T/F*
- 3. Hypothermia occurs when the body is exposed to excessive heat. *T/F*
- 4. A player who is winded and knocked to the ground could go into shock. *T/F*
- 5. Shock occurs when blood pressure drops and the organs do not receive enough blood. *T/F*

**Task 2** Match the above injuries with suitable treatment:

- A)** .....
- 1. Lay the casualty down on the back
  - 2. Raise the legs
  - 3. Loosen tight clothing
  - 4. Keep the casualty warm

**B)** .....

Apply pressure over the injury with your hand or fingers, preferably over a pad or dressing. Raise and support the limb above the level of the head.

**C)** .....

You should keep the casualty still and call for professional medical help. Never move the casualty (unless in danger) and never let the casualty eat or drink.

**D)** .....

You should follow the DR ABC procedure:

<b>D</b>	Check for <b>d</b> anger to both you and casualty.
<b>R</b>	Check for a <b>r</b> esponse in the casualty.
<b>A</b>	Check the <b>a</b> irway. Is it open and unobstructed?
<b>B</b>	Listen, look and feel to determine if the casualty is <b>b</b> reathing.
<b>C</b>	Check <b>c</b> irculation by feeling the pulse. Is the person bleeding?

**E)** .....

The casualty should be taken to a cool place and wrapped in cold, wet sheets. Cool water (nothing caffeinated or alcoholic) may be given slowly to the casualty.

**F)** .....

<b>R</b> est the injured part.
<b>A</b> pply <b>I</b> ce to reduce the swelling for 10 minutes (max).
<b>C</b> ompress the injury, possibly using a bandage.
<b>E</b> levate the part to decrease the blood supply.

**Task 3** Complete the sentences with the words below.

*bleed scar concussion minor pain swollen blister bruise scratched wound sprained*

1. My ankle is very.....
2. Do you ..... easily?
3. I've ..... my wrist.
4. This ..... was caused by flying glass.
5. The .....will disappear in a few days.
6. The operation only left a small .....
7. Look where the cat ..... me.
8. His injuries are all fairly.....
9. Are you in.....? Do you need an Aspirin?
10. I've got a terrible.....on my foot.
11. He lost consciousness as a result of a blow to the head and was taken to hospital with .....

#### **Task 4 Listening**

(<https://www.youtube.com/watch?v=t4gqeYyYzyI>)

Before you listen, brainstorm and write down the questions you would ask an expert on sports injuries.

#### **Watch an interview with a paediatrician on prevention of sports injuries.**

What is the cause of injuries in children?

Note down the guidelines for parents and young athletes on avoidance and treatment of injuries.

What are the most common/ serious injuries for boys and girls?

Why do they consider soccer a great sport?

#### **Listen again and complete each gap with one or two words:**

1. Kids are particularly ..... to sports injuries.
2. There is a ..... in size and strength among children.
3. The more children ..... in sports, the less ..... they are to be obese.
4. Sport figures are the ..... for children.
5. Coaches must have ..... training and understand the ..... needs of children.
6. Parents should ..... children into sports that match their needs.