



INJURY MANAGEMENT

Early intervention to facilitate return to play



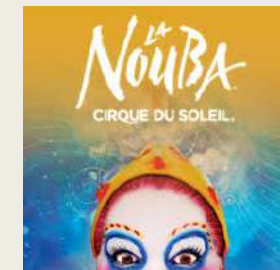
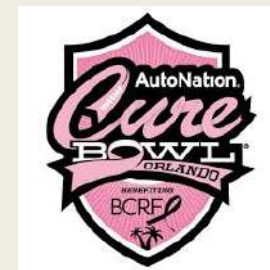
SST Rehab

A private practice founded in 1997 that specializes providing sports medicine services and treating the active individual.



Orlando Orthopaedic

- SST has staffed and managed OOC physical therapy clinics since 2003.
- Has worked as part of the OOC sports medicine team to provide services many entities:



Injuries



Soccer is a contact sport.
Injuries do occur.

- Trauma
- Repetitive / Overuse
- Biomechanical

Injuries

When an injury occurs, there are different members of the sports medicine team that can be utilized

- Athletic Trainer (ATC) – on the field
- Doctor (MD) – in the office
- Physical Therapist (PT) – in the clinic

Often the medical
team are unaware
of injuries

Why does this
occur?

- “It’s just a ‘tweak’ or bruise
- Don’t want to let the team down
- (-) past experience
- They just want to play and they might have to sit if they say they are injured.

Injuries

The result:

A minor injury that is left untreated can progress to a more significant injury that results in the athlete missing an extended amount of time.

Pain

Pain is your body's way of telling you something isn't right...It's trying to protect you.

- If you have pain for more than 2-3 days OR the pain increases / impacts your ability to play → see someone.

Not all injuries require you to completely stop playing:

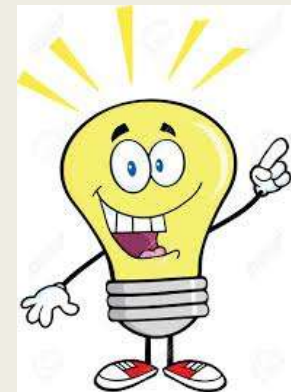
- Treatment
- Activity modification
- ? Tape or Brace

Rest

After an injury, players are often told to rest.

Resting doesn't mean don't do anything...

it means don't do anything that increases symptoms or makes the injury worse.



Rest

If you just “do nothing,” symptoms will lessen or resolve because they aren’t being stressed as much...

But the injury often flares up when the athlete returns to play as nothing has been done to address the underlying cause of the injury.

If an athlete can't play because of an injury

They should be

- getting treatment / attending therapy
- doing something to help them return to play.



Treatment

- Go to a health care provider that specializes in sports medicine.
- Not all clinics / facilities are the same.
- There are no “short cuts” to healing.

Return to Play

- The “all or none” philosophy doesn’t work
 - Tissues have to adapt to the stresses of the sport.
 - An athlete can’t go from not playing to “100% participation” all at once.
- ? modify the volume of activity
- ? situational participation
- ? selective rest

Return to Play

- To be successful there has to be good communication
 - Everyone needs to understand the plan
 - Everyone needs to stick to the plan
 - Set benchmarks for progressing

Remember: Our job is to get you back in the quickest, safest manner possible.



USE YOUR RESOURCES

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**HAVE A
GREAT
SEASON
QUESTIONS?**

