

Preventing and Dealing with Injuries

Injuries happen to all of us, whether we're in a sporting event or even just while walking on the street. However, an injury for an athlete is something that should be prevented and dealt with properly. An injury that's left untreated can severely affect the player's performance in the field and in the long run may be the cause of the end of his soccer career.

Types of Soccer Injuries:

Abrasions

Abrasion is a type of wound where the top layer of skin is removed. While it can be quite painful, it can hardly prevent a player to stop playing. However, it can be easily infected by dirt and germs, so abrasions must be properly disinfected by washing the wound with mild soap and water or mild antiseptic wash. After disinfecting, cover the wound with an antibiotic ointment and a dry dressing.

Strains

Strains usually occur when a muscle is pulled or torn, and can be a problem depending on its severity. Muscle strain are caused by a blow to the body, overstressing the muscle or overuse or repetitive movement of the muscles and tendons. Players may experience minor discomfort or inability to move the injured part. To prevent pulling or tearing a muscle, warm up and cool down properly before and after a training session or a game.

Sprains

A sprain happens when you overstretch or tear a ligament (the fibrous tissue that connects the bones). Sprains usually occur when the joint is forced out of its normal position, causing the ligament supporting the joint to be overstretched or torn.

Treatment of minor strain and sprain: The RICE method:

Rest the sprained or strained area for 48 hours by reducing your activities and trying not to put any weight on it. Use a sling, crutch or a cane to help ease stress on the area.

Apply **Ice** to the area during the first 48 hours to reduce swelling. Always have an ice pack available every time you train or go to a game to be used in such cases.

Compress the area to reduce swelling by wrapping are with an ace bandage or other type of support bandage. Compression must be firm, but not to tight that it affects the circulation of blood. Remove bandage every 3-4 hours, leaving it off 15-20 minutes each time.

Elevate injured area above heart level if possible, but putting the arm in a sling or propping the foot or leg on a pillow or chair.