

**THE DO'S AND DO NOT'S TO MANAGING YOUR INJURIES**  
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Injuries – they are a fact of life and will occur more frequently in those who play sports in particular contact sports such as Australian Rules Football.

However you can play a **BIG** role in decreasing the severity of the injury and getting yourself back out onto the ground as quickly as possible.

***DO'S***

With any acute injury you need to perform **R.I.C.E.R** immediately.

**Rest** – from activity/ exercise, come off the ground and be assessed to see if you are capable or returning to the game.

After the game ensure that you limit activity in the injured area to avoid increasing blood flow/ bleeding to the area.

**Ice** – apply ice to the area 20min on every 2hours for at least the first 24-48hours. Icing will help to decrease the direct blood flow to the area, assisting to decrease swelling.

The most effective icing is crushed up ice in a plastic bag that is wrapped in a wet tea towel that is then applied to the injured area.

**Compression-** apply a tight elastic bandage to the area to assist in decreasing the swelling

**Elevate-** keep the injured part above the level of your heart to assist with drainage of any extra blood/ fluid.

**Review/ Referral** – ensure that you book an appointment to see me at Back In Motion Health Group Brunswick to further assess your injury ASAP to ensure that we manage, treat and rehabilitate you as effectively and efficiently as possible to get you back out playing again.

## ***DO NOT'S***

With any acute injury you want to avoid **H.A.R.M** as much as possible

**Heat-** do not apply any heat to the area as this will increase blood flow to the area causing an increase in the bleeding/ swelling

**Alcohol-** do not consume any alcohol as this will thin your blood, increasing the blood flow to the area causing an increase in the bleeding/ swelling

**Running/ continue exercising-** do not continue to participate in the game/ training as this will increase the risk of worsening the severity of the injury and increase the blood flow to the area causing an increase in the bleeding/ swelling.  
Also avoid returning to running/ exercise too soon or trying to run out an injury.

**Massage-** do not attempt to massage or rub out an injury as this will increase the blood flow to the area causing an increase in the bleeding/ swelling

## **Benefits of Back In Motion Health Group Brunswick- your club Physiotherapists**

- Preferential Appointments to Northern Saints players
- 24hours injury advice line 0419 132 894
- Free Physiotherapist assessments at Thursday night training sessions from 7pm
- Treatment for injuries can be claimed through the football clubs insurance\*

\*certain conditions apply

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