

Getting through the Finals and Preparing for the Pre-Season

by

Martin Meyer

Sports Physiotherapist





The Finals

- ◆ Different to regular season
- ◆ Last chance for premiership
- ◆ What the regular season is all about
- ◆ More intensity
- ◆ More emotion
- ◆ Affects the trainer and normal decision making



Rules

- ◆ Know the rules of your sport
 - Interchange
 - Injury
 - Your position on the field



Injury prevention

- ◆ Adequate warm up
- ◆ Stretching
- ◆ Equipment



Injury Management

◆ **T**alk

◆ **O**bserve

◆ **T**ouch

◆ **A**ctive Movement

◆ **P**assive Movement

◆ **S**kills





✦ RICER

- Rest
- Ice
- Compression
- Elevation
- Referral

✦ No Harm

- Heat
- Alcohol
- Running
- Massage

Safety

- ◆ Blood rules

- ◆ Universal precautions

- ◆ Don't get caught out..



Taping

◆ Use the taping skills you know

- Shoulder
- Wrist
- Thumb
- Knee
- Ankle
- LOWDYE



✦ Be inventive

- Think about your anatomy
- Think about what your trying to achieve with the tape

✦ TRY IT!!

✦ Remember your warnings

- Tingling
- Blue limbs
- Itching or burning under tape



Braces

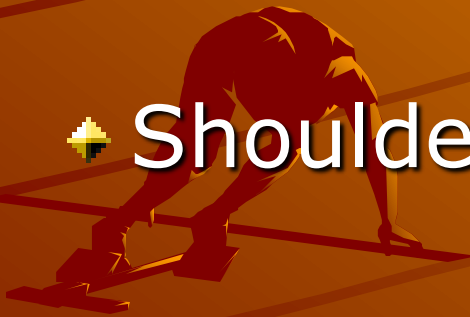
◆ Knee



◆ Ankle



◆ Shoulder



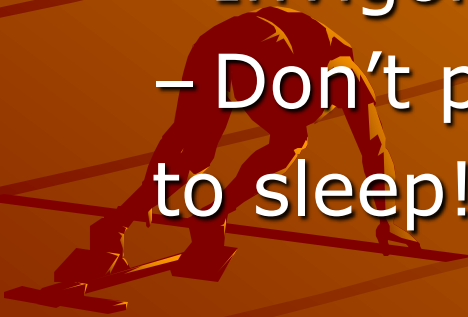
◆ Wrist



Massage

◆ Pre Event

- Short
- Rapid
- Invigorating
- Don't put the athlete to sleep!



◆ Post Event



Concussion

- ◆ Degrees of concussion
 - Mild- transient or no LOC
 - Moderate- unconscious < 5 mins
 - Severe- unconscious > 5 mins



On field assessment

1. Facial Expressions
2. Orientation- time, place, person
3. Post-traumatic amnesia
 - ✦ Forget events form time of injury
4. Retro-grade amnesia
 - ✦ Forgets events prior to injury
5. Gait



Red Flags

1. Increasing headache
2. Nausea and vomiting
3. Pupil irregularity
4. Disorientation
5. Progressive/sudden decrease in consciousness
6. Reduction in pulse rate

Concussion

◆ Hospital Admission

- LOC > 5 mins
- Convulsion
- Focal neuro signs
- Signs of cerebral irritation > 1 hour
- Deterioration in mental state
- Episodes of moderate/severe con > 1

TO DETERMINE THE SEVERITY OF CONCUSSION

Note the time from when the accident occurs to when the athlete responds normally to verbal commands.

SEVERITY OF CONCUSSION	ACTION
MILD: no loss of consciousness (LOC) (i) Full memory of event (ii) Memory deficit of event	can usually continue playing (after being checked) must cease playing: no training or playing for 48 hours, and preferably after a medical check.
MODERATE: LOC of up to 2 minutes	must cease playing: no playing or training for 2 weeks, and only after a medical check.
SEVERE: (i) LOC of up to 3 minutes (ii) LOC of over 3 minutes	must cease playing: no playing or training for 3 weeks, and only after a medical check. must cease playing and be admitted to hospital for observation: no playing or training for 4 weeks, and only after a medical check.

All cases of SEVERE concussion should have X-rays taken of the skull and cervical spine.

IMPORTANT WARNING

He should be taken to a hospital or a doctor immediately if:

- * He vomits
- * Headache develops or increases
- * He becomes restless or irritable
- * He becomes dizzy, drowsy or cannot be roused
- * He has a fit (convulsion)
- * Or anything else unusual occurs

FOR THE REST OF TODAY HE SHOULD:

- * Rest quietly
- * Not consume alcohol
- * Not drive a vehicle

Hydration

◆ Pre Event

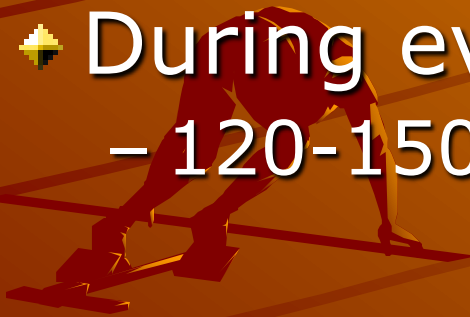
- 500ml water 1-2 hrs before
- 600ml CHO drink/water 10-15 mins before

◆ During event

- 120-150ml every 10-15 mins

◆ After event

- CHO drink



Alcohol

- ◆ Dehydrating effect
- ◆ Does not provide energy
- ◆ Affects temp regulation
- ◆ Causes reduction in neural processes



It will affect performance

Heat Stroke

- ◆ Increase body temp
- ◆ Hot and dry skin ie no sweat
- ◆ Skin may be grey in serious cases
- ◆ Nausea
- ◆ Headache
- ◆ Visual problems
- ◆ Chest pains/Labored breathing
- ◆ LOC

Treatment

- ◆ IT IS A MEDICAL EMERGENCY

- ◆ Emergency ASAP

- ◆ Head and torso elevated

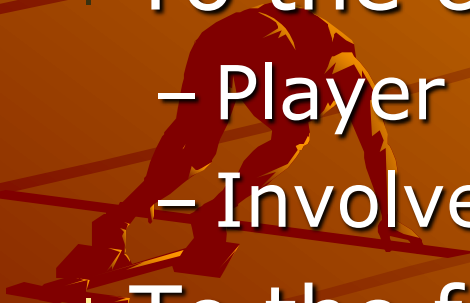
- ◆ Remove clothing

- ◆ Cool athlete down



Communication

- ◆ To the player
 - Pathology Education
 - Potential consequences of their actions
- ◆ To the coach
 - Player reaction
 - Involve in decision making
- ◆ To the family

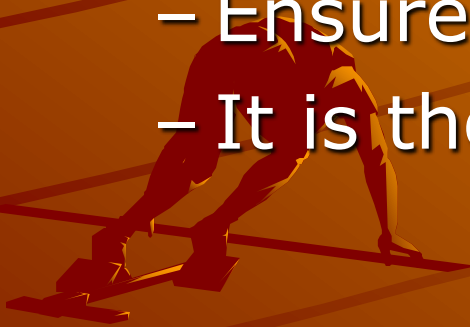




◆ Be confident

◆ Protect yourselves

- Ensure player knows all
- It is their decision ultimately..



Professionalism

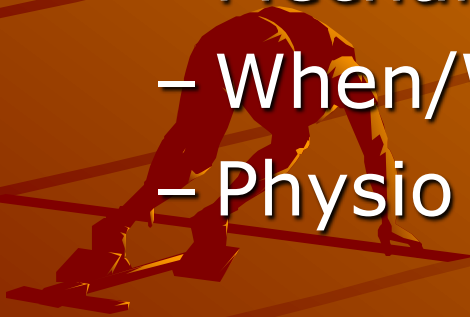
- ◆ You are there to look after the team
- ◆ Do not confuse your place
- ◆ Celebrate....
but do not go crazy...



Preparing for Pre season

◆ Injury statistics

- Number
- Type
- Mechanism
- When/Where occurred
- Physio report to club

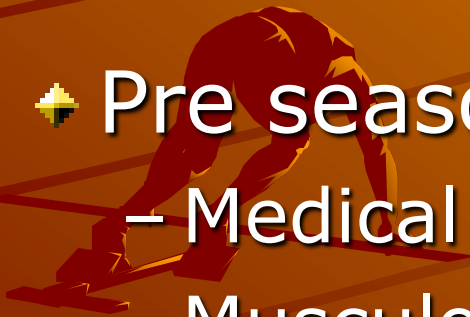


◆ Equipment/Supplies

- Medical room
- Sports bag
- Rehab equipment

◆ Pre season screenings

- Medical
- Musculoskeletal



🏠 Reimbursement

- Negotiate
- Convince
- Demand!!



Thank you

