

Controlling Pain and Inflammation

Always Keep Goals in MIND:

- Short term goals
 - Control pain and inflammation
 - Maintain or improve ROM
 - Restore and increase strength
 - Re-establish neuromuscular control
 - Maintain levels of cardiorespiratory fitness
- Long term goals
 - Return athlete to practice and competition quickly and safely

Remember the HEALING PROCESS!

- Rehab should be based on framework of healing process
 - Understand time and sequence of healing and physiological principals
- Stage 1: Acute Inflammatory Response (up to 4 days)
- Stage 2: Fibroblastic Repair Phase (4 days to weeks)
- Stage 3: Maturation Remodeling (week to up to 2 years)

Controlling PAIN

- Some degree of pain will be experienced
 - Pain will be dependent on the severity of the injury, athlete's response, perception of pain and the circumstances
- PRICES and additional modalities (electrical stimulation, heat...etc.) can be used to help modulate pain
- Pain can interfere w/ rehab and therefore must be addressed throughout the rehab process

Providing First Aid and Controlling Swelling

- Initial first aid is critical
- Should be directed towards swelling control
- Utilize the PRICES principle
 - Each factor is critical in limiting swelling
- Coach should be capable of providing first aid regardless of whether an ATC is present

PRICES for up to 4 days !

P	Protection
R	Rest
I	Ice
C	Compression
E	Elevation
S	Support

- <http://www.nationwidechildrens.org/swelling-bodys-reaction-to-injury>

Let's Have Fun!!!!