



Sports Injury Guidelines

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TAKE CARE OF YOUR INJURY

So you injured yourself today...don't feel bad, you're not alone. One out of every seven athletes gets hurt during the season at one time or another. Take this sheet home to your parents and follow these important guidelines. Proper injury care will speed your recovery and allow a quicker return to action!

RICE REDUCES PAIN

Rest the injured area and avoid painful activities

Ice your injury. Apply 20 minutes on, 40 minutes off several times a day.

Compression. Apply an ace wrap to the injury

Elevate the injured area if possible

GETTING BACK TO PLAY

You can return to sports when...

- Your pain and swelling are gone
- You've restored normal range of motion and strength levels
- You can run, cut and jump without any problems
- You've received the ok from Amy or your doctor.

See your doctor if you have...

- moderate or severe pain.
- moderate or severe swelling.
- difficulty walking.
- moderate or severe loss of motion.
- numbness or "pins and needles."
- any doubt about the injury.

Follow-Up Care

See Amy for treatment and rehabilitation. We'll focus on reducing your pain while restoring normal motion and strength to pre-injury levels. Without rehab, you put yourself at risk for another injury...possibly worse than this one!

About Athletic Training

Athletic training is practiced by athletic trainers, health care professionals who collaborate with physicians to optimize activity and participation of patients and clients. Athletic training encompasses the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities.

All certified or licensed athletic trainers must have a bachelor's or master's degree from an accredited college in order to practice athletic training. They must also pass a national certification examination administered by the athletic training Board of Certification.

This information is not intended to be, and should not be used as a substitute for appropriate medical care. Consult your physician if your condition worsens or fails to improve despite treatment.