

	HEAT ILLNESS	ASTHMA	TENDINITIS	SPRAINS	STRAINS	CONCUSSIONS
<b>DEFINITION</b>	<p><b>Dehydration</b> : A condition that occurs when an athlete loses more fluids (such as urine or sweat) than he or she takes in.</p> <p><b>Heat Exhaustion</b> : Inability to continue exercise with any combination of heavy sweating, dehydration, sodium loss, and energy depletion.</p> <p><b>Heat Stroke</b> : Elevated core temperature (104 degrees) associated with signs of organ system failure due to extreme heat.</p>	<p><b>Chronic inflammatory disorder of the airways</b></p>	<p><b>Inflammation of tendons which attach muscles to bones</b></p>	<p><b>Stretch or tear of the ligaments that attach bones to bones</b></p>	<p><b>Stretch or tear of the muscles or tendons</b></p>	<p><b>Agitation of the brain by either direct or indirect blow to the head</b></p>
<b>COMMON SOCCER INJURIES</b>			<p><b>Shinsplints</b>: Inflammation of tibial periosteum from muscle attachments</p> <p><b>Patellofemoral Pain Syndrome</b> : Pain in the anterior knee at or below the patella</p> <p><b>Illiotalband Syndrome</b> : Inflammation of the IT Band at the knee</p>	<p><b>Ankle Sprain</b>: Cause by sudden lateral or medial twists. Inversion ankle sprains (foot turns inward) are the most common</p> <p><b>Knee Sprain</b> : Cause by direct force, a rotation, or a combination of both ACL, MCL most common</p> <p><b>Turf Toe</b> : Stretch or tear of the ligament of the great toe which hyperextends or "jams"</p>	<p><b>Quadriceps Strain</b>: Cause by sudden stretch or a sudden contraction such as jumping or kicking</p> <p><b>Hamstring Strain</b> : Caused by a quick change of the musculature from one of stabilization to hip extension</p> <p><b>Achilles Strain</b> : Sudden or sharp movement associated with change of direction</p>	<p><b>Grade 1</b> : No loss of consciousness, post-traumatic amnesia less than 30 minutes, post-concussion signs less than 24 hours</p> <p><b>Grade 2</b> : Loss of consciousness less than 1 minute or post-traumatic amnesia greater than or equal to 30 minutes, less than 24 hours or post-concussion symptoms greater than or equal to 24 hours but less than 7 days</p> <p><b>Grade 3</b> : Loss of consciousness greater than or equal to 1 minute or post-traumatic amnesia greater than or equal to 24 hours or post-concussion symptoms greater than or equal to 7 days</p>
<b>SYMPTOMS</b>	<p><b>Dehydration</b> : Thirst, Fatigue, Limitability, Loss of Performance, Muscle Cramps, Nausea, Vomiting</p> <p><b>Heat Exhaustion</b> : Dizziness, Rapid Pulse, Headache, Weakness, Cold Clammy Skin, Nausea, Vomiting</p> <p><b>Heat Stroke</b> : Dangerously High Temperature, Confused or Disoriented, Irrational Behavior, Drowsiness, Hot Dry Skin, Nausea</p>	<p>Chest Tightness, Coughing, Prolonged Shortness of Breath, Difficulty Sleeping, Wheezing, Inability to Catch One's Breath, Family History of Asthma</p>	<p><b>Shinsplints</b>: Soreness along inside (or sometimes outside) of shin (tibia), pain at beginning of activity, during activity, sore afterward</p> <p><b>Patellofemoral Pain Syndrome</b> : Deep, dull ache under the patella, stiffness after prolonged sitting with knee bent</p> <p><b>Illiotalband Syndrome</b> : Sharp or irritating pain along the outside of the knee, better at the beginning of activity but becomes progressively worse, often enough to make athlete stop activity</p>	<p><b>Ankle Sprain</b> : Sharp pain along the outside/inside of the ankle, point tenderness, swelling may be present, inability to walk</p> <p><b>Knee Sprain</b> : May experience a "pop" with instability, sharp pain along the knee joint, knee may feel like it is "catching", swelling may be present, inability to walk</p> <p><b>Turf Toe</b>: Limitation with walking, increase in sharp pain, swelling may be present</p>	<p><b>Quadriceps Strain</b>: Pain along the anterior portion of the thigh, point tenderness, swelling and bruising may be present, stiffness, inability to walk</p> <p><b>Hamstring Strain</b> : Pain along the posterior portion of the thigh, point tenderness, swelling and bruising may be present, stiffness, inability to walk</p> <p><b>Achilles Strain</b> : Increase in sharp pain, extreme weakness, swelling may be present, pain/inability to move foot in a downward motion</p>	<p>Headache, Nausea, Blurred Vision, Spots before the Eyes, Sleeplessness, Grogginess, Dizziness, Temporary loss of Memory, Ringing in the Ears, Mental Confusion, Loss of Muscle Coordination, Slurred Speech, Difficulty Concentrating, Clear Fluid from the Nose, Ears or Mouth, Tremors, Seizures, Convulsions, Unequal or Unresponsive Pupils, Loss of Consciousness</p>
<b>IMMEDIATE TREATMENT</b>	<p><b>Dehydration</b> : Rehydrate, preferably with Gatorade</p> <p><b>Heat Exhaustion</b> : Replace fluids. Rehydration is critical. Rest in cool, shaded area until symptoms have passed</p> <p><b>Heat Stroke</b> : Get out of the heat and seek immediate medical treatment. Heat stroke is an emergency that calls for fast cooling with ice baths or any other available means.</p>	<p>Attempt to relax and reassure athlete. If medication has been cleared by physician, have the athlete use it, encourage the athlete to drink water, have the athlete perform controlled breathing along with relaxation exercises. If an environmental factor triggering the attack is known, remove it or the athlete from the area.</p>	<p>Ice massage to relieve inflammation and pain. Utilize the RICE (Rest, Ice, Compression, Elevation) principle if swelling is present.</p>	<p>Immobilization of joint. Utilize the RICE (Rest, Ice, Compression, Elevation) principle if swelling is present. Use crutches if athlete cannot walk or injured leg.</p>	<p>Utilize the RICE (Rest, Ice, Compression, Elevation) principle if swelling is present.</p>	<p><b>Follow-up with physician, athlete must be cleared by physician before return to play.</b></p>
<b>FOLLOW-UP TREATMENT</b>	<p><b>Dehydration</b> : Stop activity and massage cramped muscles, if necessary</p> <p><b>Heat Exhaustion</b> : If dizziness continues, lie down with your legs elevated to promote circulation and seek appropriate medical attention.</p>	<p>If the immediate treatment does not help the athlete, immediate medical attention might be necessary.</p>	<p>Visit <b>AthletiCo</b> for a complimentary orthopedic injury screening. Orthopedic referral may be warranted.</p>	<p>Visit <b>AthletiCo</b> for a complimentary orthopedic injury screening. Orthopedic referral may be warranted.</p>	<p>Visit <b>AthletiCo</b> for a complimentary orthopedic injury screening. Orthopedic referral may be warranted.</p>	