

Name:

Exam key revision focus LO3- responding to injuries

What is an acute injury?	What is a chronic injury?
Example of acute injuries are:	Examples of chronic injuries are:

Shin splits is:

Over use injury is:

Tennis elbow is:

Tendonitis is:

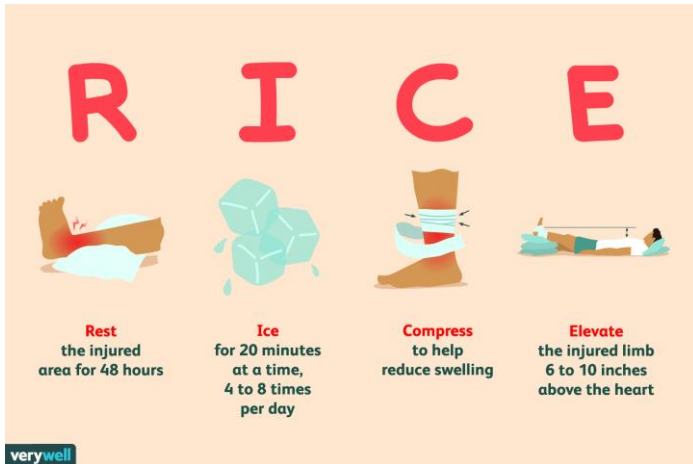
Soft tissue injury is:

Information of soft tissue injuries in a mind map

Soft tissue injuries

Name:

Treating soft tissue injuries sees R.I.C.E. needing to be used: R.I.C.E. stands for:



RICE is one way to treat acute soft tissue injuries. Describe each stage of RICE (page 25).

Rest:

Ice:

Compression:

Elevation:

Overuse Injuries are:

Examples of overuse injuries are:

What causes overuse injuries?

How are overuse injuries treated?

Fractures

What is a fracture?

An open fracture is.....	A closed fracture is.....

What causes a fracture?

Name:

How is a fracture treated?

Concussion:

Blisters:

Cramp:

Soft Tissue Injuries-
fractures and overuse are
two but there are 5 others
– DESCRIBE them!!

Contusions:

Abrasions:

Children's Injuries

What is Sever's disease?	What is Osgood-Slater's disease?

Name:

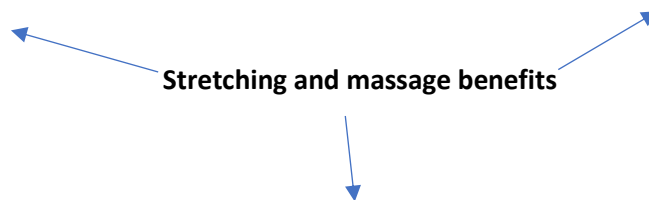
Responding to injuries and medical conditions

SALTAPS is an onfield assessment of whether an individual should be allowed to carry on performing or not.

See-	
Ask-	
Look-	
Touch-	
Active-	
Passive-	
Strength-	

If the injury is serious the SALTAPS process should be stopped when the individual does not complete a stage.

What does stretching and massage do? Mind map it!



Name:

What is taping, bandaging, splints and slings?

Taping is... It helps to.....	Bandaging is.... It helps to....
A splint is..... It's used to....	A sling is..... It's used to....

What are hot and cold treatments? Mind map what they do

Heat Treatment

Ice Therapy