

# Medical & Nutrition



# P.R.I.C.E regime

- Why is this important?

This regime should be followed immediately after the injury is sustained. By following the regime, the effects of the injury will be reduced therefore decreasing the time it takes to heal.



# P.R.I.C.E

- Protection: Ensure the injured area is protected at all times to ensure no further damage is caused.
- Rest: Rest from any activity that causes discomfort or pain, although early range of movement exercises are beneficial.
- Ice: Place an ice bag/frozen peas onto the effected area for 15-20 minutes at least 3 times a day within 24-72 hours of the injury.
- Compression: A bandage/towel can be used to compress injured area, continue to use it until the swelling has reduced.
- Elevation: By elevating the injury above the heart, the amount of blood flowing to the area of the injury will be reduced and therefore decrease the amount of swelling.

# Things to avoid 24 to 48 hours after the injury

- Hot baths or showers.
- Hot packs or heat rubs.
- Drinking alcohol.
- Taking Aspirin (unless prescribed by a doctor for another reason).

# Ankle injuries rehab

- Ankle pumps: Point your toe, then pull back toward you as hard as possible. Repeat 15 to 20 times.



Inversion & Eversion:



# Ankle injuries rehab cont.

## Dorsiflexion:

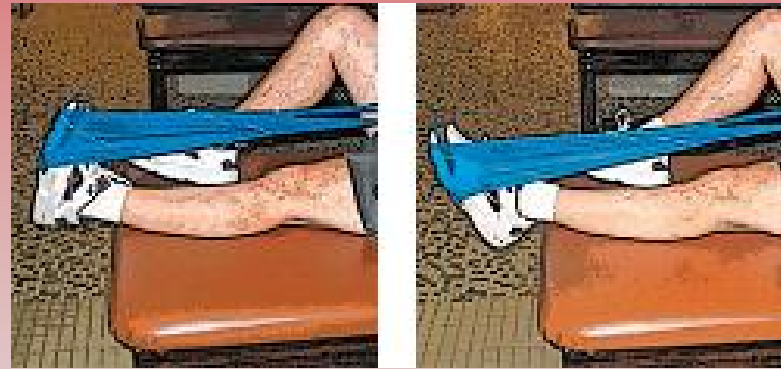
- Sitting with your leg out straight and your foot near a door or table, place a rolled towel under your ankle, then wrap the tubing around the ball of your foot. Anchor the other end of the tubing to the door by tying a knot in the tubing, slipping it between the door and the frame, and closing the door. Pull your toes toward your face.
- Return slowly to the starting position, repeat 10 times.
- 10 reps 3 sets .



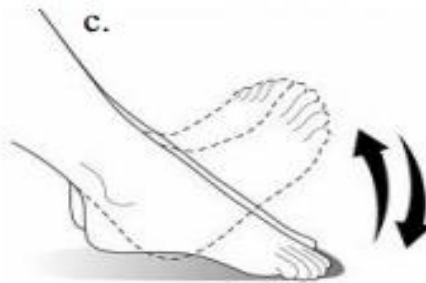
# Ankle injuries rehab cont.

## Plantarflexion:

- Sitting with your leg outstretched, loop the middle section of the tubing around the ball of your foot. Hold the ends of the tubing in both hands. Gently press the ball of your foot down and point your toes, stretching the thera-band.
- Return to the starting position, repeat 10 times.
- 10 reps 3 sets.



# Knee injuries recovery



a. Quad Sets- Straighten the knee by tightening the quad (front thigh muscle), flexing the ankle (point toes to the ceiling), and pushing the back of the knee into the floor. Hold for the count of 5-10.

b. Straight Leg Raises-While maintaining the tightened quad position, slowly raise the straightened leg off the floor and hold for 5-10 seconds.

c. Vigorous foot, ankle, and toe movement—20 pumps per waking hour

d. Range-of-motion is using your hands at your upper thigh to bend your knee and then straighten it. You

should spend approximately 10 minutes 3 times per day working on this. *(If you had a PCL repair, you will not do this exercise)*



# Head injuries

The symptoms of a minor head injury (usually mild and short lived);

- A mild headache
- Nausea (feeling sick)
- Mild dizziness
- Mild blurred vision

## Recovery

- The player should undergo a period of physical and mental rest for at least 24 hours after the injury (which includes the playing of video games or similar).
- The physical return to play 'steps' should follow the course shown below, only progressing to the next step if there are no persistent/recurrent concussion symptoms, such as such as headache, feeling in a fog, disturbed or blurred vision, sleep disturbance, or unusual emotional behaviour.
- Any recurrence or persistence of concussion symptoms such as headache, feeling in a fog, disturbed or blurred vision, sleep disturbance, or unusual emotional behaviour are signs that the player should return to the previous 'return to play step'.

# Nutrition – The basics

These basics will enable you to preserve your performance and protect your health, while ensuring you maximise your potential.

## Daily Points to follow;

- Eat at least 3 servings of vegetables per day, varying in colour.
- Eat at least 2 servings of fruit per day.
- Eat 6 – 8 meals/snacks a day which contain a variety of foods which are high in carbohydrates, protein, micro-nutrients and be low in saturated fat.
- Consume a recovery snack after every training session which contains a high level of carbohydrates and protein.
- Have 3 servings of low fat dairy products each day.
- Consume at least 2 litres of water every day and keep caffeinated drinks to a minimum.

## Weekly points to follow;

- Consume 2/3 portions of red meat per week (1 portion = 100 to 120 grams of meat).
- Consume 2 portions of oily fish a week (1 portion = 100 to 120 grams of meat).

# Nutrition - Superfoods

## Starches

- Rice (Brown, wild or red)
- Sweet potatoes
- Wholegrain or seeded bread
- Oats – including breakfast cereals (porridge)
- Muesli (low sugar)

## Fats & Sugars

- Honey
- Dark Chocolate
- Peanut Butter

## Dairy

- Natural or Greek yoghurt
- Skimmed milk

## Drinks

- Herbal teas
- Water
- Fruit juices
- Smoothies (Veg or fruit)

# Nutrition – For an injured player

- Your daily K/cal requirements will be lower than usual during the early stages of the rehabilitation period compared to requirements during training/match play.
- Increase the amount of multi vitamins and fish oils, this is shown to help inflammatory phase and the recovery phase.
- Research has shown that foods containing iron and zinc will help with recovery whilst vitamin C is shown to potentially enhance healing.
- Eating high fat and processed foods can hamper the recovery process.
- Strength sessions will be more frequent during recovery therefore more protein will be advised in order to help with recovery and increasing muscle & strength gains.