

# First Aid for Sports Injuries

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Sport injuries include soft tissue injury, joint dislocation, bone fracture and internal organ trauma. Soft tissue injury is the most common injury. Bleeding, bruising, swelling, pain and dysfunction are the common signs.

Accurate first aid for sport injuries can stop bleeding, reduce swelling and relieve pain; it can also help the trauma sufferer recover more quickly. An ice pack and compression bandage are the most popular first aid methods applied to sport injuries.

## **Ice Pack ----**

An ice pack or cold compress should be applied as soon as possible within 24 hours of trauma. It can stop the injured site bleeding, reduce secretion of tissue fluid and therefore reduce swelling and relieve pain. It also protects trauma tissues from future damage and helps them recover quicker. The pack/compress should be applied to the injured site for 10 to 20 minutes. It can be re-applied after 2 hours if necessary. It should not be applied directly to the skin, but should be wrapped in a damp cloth. Ice should not be applied to the chest.

## **Compression Bandage ----**

A compression bandage can be help to stopping bleeding, reducing swelling and alleviate pain. It also immobilises the site of the trauma. This will minimise swelling and so facilitate the healing process.

A better outcome should be achieved as a result of applying the above first aid.

**Medical advice should be sought if the condition worsens or you are at all unsure of the extent of the injury.**

## **Herbal Patch ----**

Some people have experienced a worsening of their condition the day after they applied a patch (plaster) to a newly injured site. This is because most of herbal patches currently on the market are not formulated specifically for different signs i.e. one patch for all symptoms. Most of those patches are contained nature of “warm” or “hot” materials. These warm or hot materials are certainly not suitable for bleeding and/or swelling.

**Greatpatch-S** is specially formulated for sports injuries and arthritis with associated **pain and swelling**. One patch of **Greatpatch-S** can cure a mild contusion or strain which has been cold compressed. If it is a sprain, it needs a professional manipulation such as Tuina (Chinese therapeutic massage, acupuncture, bones and joints manipulation) or sports massage. **Greatpatch-S** should be applied before and after manipulation 2 to 3 patches should be sufficient in such circumstances.