**Trauma Question: Guidelines.**

1. A hockey player who goes in for a tackle and is involved in a heavy collision with another player. The player remains on the ground in intense pain, grasping the lower leg. Discus how you would determine the nature and extent of injury and whether the player can continue with the game.

**Use TOTAPS to assess the limb.**

* **Talk** to the athlete to gain as much information about the injury
* **Observe/ Inspection.** Involves observing the athlete and comparing both limbs of the body to determine any obvious abnormalities or signs of injury.
* **Touch/palpation.** This requires the assessor to touch/feel the athlete and again compare both limbs of the body.
* **Active Movement**. Ask the casualty to move their injured area to see if the athlete has the full range of motion around the injured site that is pain-free.
* **Passive Movement.** This step involves moving the injured site for the athlete and identifying any pain/instability.
* **Skills Test.** This test is used to assess the injury to determine if the injured area can undergo the movements in the sport being played.
* **Other form of management:** Ice, crepe bandage, water to drink, reassurance, advice, topical ointment and braces.

1. **Discus how you manage a football player who has sprained ankle ligaments at the play field.**

* Use PR I.C.E to treat the sprain that is:
* **Protection.**
* **Rest** The football player should rest their ankle for at least 24-48 hours without bearing any weight.
* **Put ice** on the ankle for 10 to 20 minutes every three to four hours for the first 48 hours after the sprain occurs. To reduce pain.
* **Compression.** Wrap the ankle with an elastic medical bandage. This will help decrease swelling associated with the affected limb.
* **Elevation.** When the player is resting, place their ankle at a higher elevation than their heart.
* **Analgesics:** Treating an ankle sprain may also include taking ibuprofen or naproxen to reduce swelling and pain.
* **Using Crutches or pop splints or braces.**

1. **Classify sport injuries.**

* **According to cause/mechanism:** Direct Injury, Indirect Injury, Overuse injury.
* **According to the type of tissue injured:** Soft tissue injuries, Hard tissue injuries.
* **According to the duration of injury:** Acute Injuries, Chronic injuries.