

# COMMON HOCKEY INJURIES

## LACERATIONS

**DEFINITION** A LACERATION IS THE MEDICAL TERM FOR A CUT.

**COMMON INJURIES** TYPICALLY, SUSTAINED FROM A SUDDEN AND BLUNT COLLISION

**SYMPTOMS** MAY INCLUDE BLEEDING, PAIN, NUMBNESS, AND SWELLING OF THE INJURED SKIN

**IMMEDIATE TREATMENT** APPLY PRESSURE AND PROVIDE STERILE COVERING OVER INJURED AREA. IF APPLICABLE, CLEAN WOUND WITH SOAP AND WATER, THEN APPLY AN ANTIBIOTIC OVER-THE-COUNTER OINTMENT TO THE AREA AND COVER WITH BANDAGE OR GAUZE.

**FOLLOW-UP TREATMENT** CONTINUE TO MONITOR LACERATION, IF SYMPTOMS PERSIST OR WORSEN, ADDITIONAL MEDICAL ATTENTION MAY BE NECESSARY.

## TENDINITIS

**DEFINITION** INFLAMMATION OF TENDONS THAT ATTACH MUSCLES TO BONES.

### SYMPTOMS

**ROTATOR CUFF:** INFLAMMATION OF THE TENDONS OF THE SHOULDER OR UPPER ARM

**PATELLOFEMORAL PAIN SYNDROME:** PAIN IN THE ANTERIOR KNEE AT OR BELOW THE PATELLA

**ILIOTIBIAL BAND SYNDROME:** INFLAMMATION OF THE IT BAND AT THE KNEE

### COMMON INJURIES

**ROTATOR CUFF:** PAIN ASSOCIATED WITH ARM MOVEMENT AND AT NIGHT, WEAKNESS WITH RAISING ARM ABOVE HEAD OR WITH OVERHEAD ACTIVITIES (BRUSHING HAIR, REACHING FOR OBJECTS ON SHELVES)

**PATELLOFEMORAL PAIN SYNDROME:** DEEP, DULL ACHES UNDER THE PATELLA, WORSE WHEN ASCENDING/DESCENDING STAIRS, STIFFNESS AFTER PROLONGED SITTING WITH KNEE BENT

**ILIOTIBIAL BAND SYNDROME:** 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

**IMMEDIATE TREATMENT** ICE MASSAGE TO RELIEVE INFLAMMATION AND PAIN, UTILIZE THE RICE (REST, ICE, COMPRESSION, ELEVATION) PRINCIPLE IF SWELLING IS PRESENT.

**FOLLOW-UP TREATMENT** VISIT ATHLETICO FOR A COMPLIMENTARY INJURY SCREENING, ORTHOPEDIC PHYSICIAN REFERRAL MAY BE ADVISED.

## SPRAINS

**DEFINITION** STRETCH OR TEAR OF THE LIGAMENTS THAT ATTACH BONES TO BONES

### COMMON INJURIES

**KNEE SPRAIN:** CAUSED BY DIRECT FORCE, A ROTATION, OR A COMBINATION OF BOTH. ACL AND MCL MOST COMMON

**ACROMIOCLAVICULAR JOINT SPRAIN (SHOULDER AC SPRAIN):** SEPARATION OF THE CLAVICLE AND SHOULDER BLADE JOINT CALLED THE ACROMION. THIS IS THE HIGHEST POINT OF THE SHOULDER.

### SYMPTOMS

**KNEE SPRAIN:** 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

**ACROMIOCLAVICULAR JOINT SPRAIN:** PAIN AT END OF THE COLLAR BONE AND WITH MOVEMENT OVERHEAD, SWELLING, POSSIBLY DEFORMITY

**IMMEDIATE TREATMENT** IMMobilIZATION OF JOINT, UTILIZE THE RICE (REST, ICE, COMPRESSION, ELEVATION) PRINCIPLE IF SWELLING IS PRESENT, USE CRUTCHES IF ATHLETE CANNOT WALK ON INJURED LEG

**FOLLOW-UP TREATMENT** VISIT ATHLETICO FOR A COMPLIMENTARY INJURY SCREENING, ORTHOPEDIC PHYSICIAN REFERRAL MAY BE ADVISED.

## ASTHMA

**DEFINITION** CHRONIC INFLAMMATORY DISORDER OF THE AIRWAYS

**SYMPTOMS** CHEST TIGHTNESS, COUGHING, PROLONGED SHORTNESS OF BREATH, DIFFICULTY SLEEPING, WHEEZING, INABILITY TO CATCH ONE'S BREATH, FAMILY HISTORY OF ASTHMA

**IMMEDIATE TREATMENT** ATTEMPT TO RELAX AND REASSURE ATHLETE. IF MEDICATION HAS BEEN CLEARED BY PHYSICIAN, HAVE THE ATHLETE USE IT. ENCOURAGE 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.

**FOLLOW-UP TREATMENT** IF THE IMMEDIATE TREATMENT DOES NOT HELP THE ATHLETE, MEDICAL ATTENTION MAY BE NECESSARY.

## STRAINS

**DEFINITION** STRETCH OR TEAR OF THE MUSCLES OR TENDONS

### COMMON INJURIES

**QUADRICEPS STRAIN:** CAUSED BY SUDDEN STRETCH OR A SUDDEN CONTRACTION SUCH AS JUMPING OR KICKING

**HAMSTRING STRAIN:** CAUSED BY QUICK CHANGE OF THE MUSCULATURE FROM ONE OF STABILIZATION TO HIP EXTENSION

**GROIN STRAIN:** SUDDEN OR SHARP MOVEMENT ASSOCIATED WITH CHANGE OF DIRECTION

### SYMPTOMS

**QUADRICEPS STRAIN:** PAIN ALONG THE ANTERIOR PORTION OF THE THIGH, POINT TENDERNESS, SWELLING AND BRUISING MAY BE PRESENT, STIFFNESS, INABILITY TO WALK

**HAMSTRING STRAIN:** PAIN ALONG THE POSTERIOR PORTION OF THE THIGH, POINT TENDERNESS, SWELLING AND BRUISING MAY BE PRESENT, STIFFNESS, INABILITY TO WALK

**GROIN STRAIN:** INCREASE IN SHARP PAIN IN INNER THIGH, WEAKNESS, DISCOMFORT WITH RUNNING AND CHANGE OF DIRECTION.

**IMMEDIATE TREATMENT** UTILIZE THE RICE (REST, ICE, COMPRESSION, ELEVATION) PRINCIPLE IF SWELLING IS PRESENT.

**FOLLOW-UP TREATMENT** VISIT ATHLETICO FOR A COMPLIMENTARY INJURY SCREENING, ORTHOPEDIC PHYSICIAN REFERRAL MAY BE ADVISED.

## CONCUSSIONS

**DEFINITION** A FUNCTIONAL DEFICIENCY OF THE BRAIN CAUSED BY EITHER A DIRECT OR INDIRECT BLOW TO THE HEAD

**COMMON INJURIES** IF ANY SYMPTOM OF A CONCUSSION IS PRESENT, IT IS IMPORTANT TO REMOVE THE ATHLETE FROM PLAY IMMEDIATELY. THE ATHLETE IS NOT TO RETURN TO PLAY THAT SAME DAY. IN HOCKEY, THIS INJURY IS MOST OFTEN CAUSED BY BEING STRUCK BY A PUCK OR STICK, HEAD TO ICE/BOARDS/GOAL POST, OR HEAD TO OTHER BODY PART COLLISIONS.

**SYMPTOMS** HEADACHE, NAUSEA, BLURRED VISION, DOUBLE 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, MOUTH, TREMORS, SEIZURES, CONVULSIONS, UNEQUAL OR UNRESPONSIVE PUPILS, LOSS OF CONSCIOUSNESS

**TREATMENT** FOLLOW-UP WITH A PHYSICIAN. ATHLETE MUST BE CLEARED BY PHYSICIAN TO RETURN TO PLAY. EVEN AFTER SEEING A PHYSICIAN, ATHLETE SHOULD NOT EXERT THEMSELVES UNTIL THEY ARE COMPLETELY SYMPTOM-FREE AT REST.

**COMPLIMENTARY INJURY SCREENING AT ALL LOCATIONS. CALL 1-877-ATHLETICO.**