



Injury Management and the Coach

Coaches considerations and safeguards regarding youth soccer participation

- Always maintain proper supervision.
- Always carry a medical kit.
- Try to match players in relation to size and ability.
- Beware of the environment and playing conditions.
- Make sure all equipment fits properly and is in good condition.
- Stress to players the importance of following the rules.
- Make sure players know to report all injuries.
- Become familiar with your players; allergies, special or chronic conditions.
- Have an injury plan of action in effect in case of emergency situation.

Hospital () _____

Fire Department () _____

Dentist () _____

Injury Evaluation

Coaches are often the first and only adults present. Be thorough but do not do too much. Get player under control, proceed head-to-toe evaluation. Remain calm, assess and act accordingly.

Contusion

Soft tissue injury with increased bleeding into muscle.
 Caused by direct impact.

Strains

Injury to muscle.
 Most preventable injury, STRETCH.
 Caused by poor condition, flexibility, weakness or improper warm-up.

Sprains

Injury to ligaments and joints.
 X-ray is only way to rule out fracture.
 Severity determined by observation, loss of function and pain.

Dislocations

Severe joint trauma.
 Obvious deformity, may present a fracture.
 Do not attempt to relocate.
 Must be immobilized and seen by a physician.

Fractures

Closed fractures or suspected fracture needs to be immobilized and possibly transported via EMS.
 If open contact EMS and control bleeding.

Abrasion/Laceration

Be aware of infection.
 Use gloves when dealing with open wounds/blood.
 Artificial turf can breed staph infection.

The information presented should not be considered medical advice or treatment, nor should it replace a physician consultation. For more information about any of our programs or services, or to receive a physician referral, please call Summa Connections at (800) 23-SUMMA.
 For an appointment with Dr. Shah, please call: Hudson @ (330) 342-4612 or St. Thomas Hospital @ (330) 379-9544.



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