

Immediate treatment of inflammation using PRICE;

The treatment should be used directly after the injury has been sustained and carried out for 3-5 days.

Tissue injury involves damage to small blood vessels, which in turn results in bleeding at the sight of injury. There are 5 main signs of inflammation that can be recognized; Heat, redness, swelling, pain and loss of function. Inflammation is a necessary bodily response for the healing process of the damaged area. However we can use PRICE as the body tends to over react to injury, to minimize the symptoms and reduce discomfort.

- **P** - **PROTECT** - protecting the injured tissue from further damage, whilst allowing swelling to accumulate.
- **R** - **REST** - reducing the energy requirements of the area as well as avoiding any excess blood traveling to the area.
- **I** - **ICE** - which causes vasoconstriction, allowing the blood vessels to reduce blood flow to the area. Crushed ice in a damp towel works best, and should be put on immediately after injury for 20 minutes, then every 3-4 hours at 5 - 10 minutes duration.
- **C** - **COMPRESSION** - Simple bandages will do, whilst making sure the bandages are not too tight.
- **E** - **ELEVATION** - The injured area should be placed higher than the heart level, in turn helping to reduce blood pressure, limit bleeding as well as encouraging removal of fluid through the lymphatic system.



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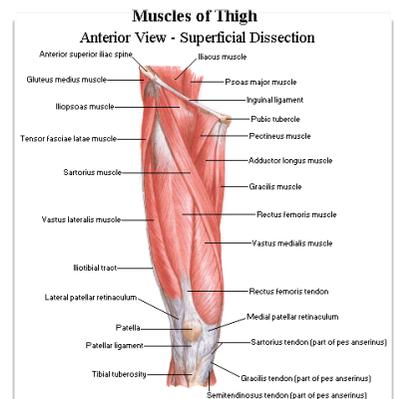
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The Lower Body

Why warm up and stretch?

No matter the level of participation, from novice to expert, it is vital that a thorough warm up is carried out to minimize any risk of injury. The main aim of a warm up is to prepare the cardiovascular system (i.e. the heart and the supplying blood vessels), the musculoskeletal system (i.e. the muscles and ligaments) and the nervous system for physical activity.

A warm up with stretches allows for a greater flexibility within the muscles. There is a growing amount of research to show a link between a lack of stretching and an increase of muscle strains. The increase in body temperature also encourages a greater efficiency of oxygen use, as well as an increase to sensitivity of the nervous system. Finally it also increases the heart rate, allowing for an increase to the delivery of respiration fuels.



The importance of warm up and stretching

The use of a warm up is still widely debated, however there does seem to be a link between a clinical warm and improved performance.

Warm up -

- The first aim is to increase your core body temperature, which will, as explained earlier, increase your muscles flexibility.
- The second aim is to increase heart and breathing rates and therefore the amount of O₂ that is being delivered to your muscles. A warm up should involve 5-10 minutes of jogging, with an increase in specificity to your own sport/activity.
- Now that heart and breathing rates are increased, you should partake in appropriate stretches on both legs.

Stretching/ Flexibility

1. Hold each stretch for between 15-20 seconds and repeat 3 times per leg.
2. It is important to maintain a good posture throughout.
3. Concentrate on breathing slowly and deeply - which will help in the relaxation of muscles.
4. It is vital that stretches are preceded by a warm up.
5. Visiting your coach, trainer or therapist can help you gain additional stretches on top of the ones provided in this leaflet.
6. Each stretch should be comfortable - not causing any pain.
7. It is very important to alternate legs.

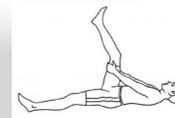
1. Quadriceps Stretch

This can be done either lying face down or stood up. If standing try to maintain a good posture throughout. Pull one foot up, bending your knee so that you foot touches your buttocks.



2. Hamstring stretch

Lie on your back, bring your knee towards your chest and then slowly straight your leg until you can feel a stretch in the back of your leg. Ensuring your back is flat to the floor at all times.



3. Hip flexor stretch

Squat down with your right leg forward and your knee at a right angle with the foot fixed to the floor. Place your left foot as far back as possible from the right foot. If necessary support yourself by placing both hands either side of your right foot. Lower your body towards the floor and feel the stretch in your groin.



4. Gluteals stretch

Lie on you back with your left knee bent. Raise your right leg with knee bent to a right angle and rest it on your left thigh, then allow the right knee to drop out.



5. Gastrocnemius stretch

Stand facing a wall - resting both palms against it. Extend your left leg straight out behind you and bend the front right leg. Keep the heel of your leg down and lean forwards to feel a stretch



6. Soleus stretch

Take the same position as in exercise 5. but this time bend the back leg slightly, in so doing changing the emphasis of the stretch on to the other muscle which makes up the calf areas.



