

# **Sports Injury Treatment**

Sports injuries are injuries that are caused by participation in a sporting event. In many cases, these types of injuries are due to overuse of a part of the body when participating in a certain activity. For example, runner's knee is a painful condition generally associated with running, while tennis elbow is a form a repetitive stress injury at the elbow, although it does often occur with tennis players. Other types of injuries can be caused by a hard contact with something. This can often cause a broken bone or torn ligament or tendon

**Sports injuries can be treated by with the following regimes:**

## **R.I.C.E.R**

- **R** - Rest
- **I** - Ice
- **C** - Compression
- **E** - Elevation
- **R** – Referral

## **T.O.T.A.P.S**

- **T** - Talk
- **O** - Observe
- **T** - Touch
- **A** - Active movement
- **P** - Passive movement
- **S** - Skills test

***This process should start immediately after the injury occurs!***