



INJURIES & TREATMENT

Our guide to common injuries in football.

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INJURIES

We know as a player you will unfortunately pick up little injuries from time to time, so we want to give you some simple advice on these injuries and home treatments you can do.

Common Injuries Playing Football

Ankle

The most common injury in sports is an inversion or lateral ankle sprain.

This injury occurs by rolling the ankle over the outside of the foot when planting for a sudden change in direction or landing on an uneven surface.

A lateral ankle sprain causes damage to the ligaments just below the bone on the outside of the ankle.

In some cases, a pop can be felt or heard by the player. Mild sprains require rest, but not necessarily medical treatment.

Injuries with persistent swelling, pain or any deformity should be seen by a doctor. Activity should be limited until you can perform sport-specific movements without any pain.



INJURIES

Common Injuries Playing Football

Bone

Repetitive activity or a heavy impact while playing sport can injure bones, causing:

• **stress fractures** – bone pain caused by tiny cracks that develop in a bone as a result of repeated stresses (for example, during high impact activities like distance running)

• **shin splints** – painful shins caused by inflammation in the tissues surrounding the shin bone; it's common in sports that involve running

Broken bones with Football are extremely rare but unfortunately these injuries occasionally occur.

- **a broken ankle**
- **a broken arm or wrist**
- **a broken leg**
- **a broken toe**
- **a broken finger**

A broken bone may cause swelling, significant bruising and tenderness around the injured area.

The pain associated with a broken bone can be severe and make you feel faint, dizzy and sick.

If any part of your body looks deformed, including your fingers, you may have broken a bone. You should go to your nearest accident and emergency (A&E) department immediately.



INJURIES

Knee

A common injury in football is an anterior cruciate ligament (ACL) sprain or tear, which occurs when the knee is twisted forcefully or hyper-extended. This often occurs when landing from a jump, changing direction or colliding with another player.

Players often describe a pop at the time of injury, followed by a significant amount of swelling within a few hours after the injury.

Players should seek an advice from a Doctor if pain or swelling persist. In addition, bone maturity in younger players helps to determine the treatment plan.

Knee pain that comes on slowly over time can indicate other problems, such as:

Patella-femoral Pain Syndrome – pain in front of the knee related to muscle and tissue stress around the knee cap: this can be addressed with proper training in physical therapy.

Osteochondritis Dissecans – A defect in the knee's cartilage that can become evident over time during repetitive activity such as jumping.

Activity should be limited until you can perform sport-specific tasks without pain.

Osgood-Schlatter Disease – Stress-related inflammation in a growth centre at the front of the knee. The best way to treat this is to ice after any physical activity.



INJURIES

Groin Strain

Also known as an adductor strain, this type of strain will be felt on the inside of the thigh and occurs from stretching the leg away from the body too far.

Athletes will injure this when they are striking the ball or when changing direction while running.

You may find it difficult to bring your leg out to the side away from your body.

For mild strains, please rest and ice it. Footballers with injuries with extreme swelling, severe bruising or a complete tear of the muscle should be seen by a doctor.

Activity should be limited until the pain has subsided when performing sport-specific movements.

Head Injuries

Minor head injuries, such as bumps and bruises, are common and are not usually serious.

If you have any concerns, see a GP or go to your nearest minor injuries unit or your local walk-in centre.

You will need to go to A&E or call 999 and request an ambulance if you develop any symptoms of a severe head injury, such as:

- unconsciousness (even if it was only very brief)
- difficulty staying awake or still being sleepy several hours after the injury
- a seizure or fit (when your body suddenly moves uncontrollably)
- difficulty speaking, such as slurred speech
- significantly blurred vision or double vision
- difficulty understanding what people say
- vomiting

With all serious head injuries, players should remain off training and matches for a period of 7 days.



INJURIES

Hamstring Strain

A hamstring injury is a strain or tear to the tendons or large muscles at the back of the thigh.

It's a common injury in athletes and can happen in different severities. The 3 grades of hamstring injury are:

- **grade 1** – a mild muscle pull or strain
- **grade 2** – a partial muscle tear
- **grade 3** – a complete muscle tear

The length of time it takes to recover from a hamstring strain or tear will depend on how severe the injury is.

A hamstring injury often happens during sudden, powerful movements, such as sprinting, lunging or jumping that overstretch your tendons or muscles. The injury can also happen gradually during slower movements.

Recurring injury is common in athletes and sportsmen, as you're more likely to injure your hamstring if you've injured it before.

Regularly doing stretching and strengthening exercises, and warming up before exercise, may help reduce the risk of injuring your hamstring.



INJURIES

Heel Pain

Heel pain can occur when the thick band of tissue that runs under the sole of the foot becomes inflamed. It's a common running injury.

It can cause a sharp and often severe pain when you place weight on your heel. In most cases, only 1 heel is affected, although some people have pain in both heels.

Wide comfortable shoes with a low heel or soft sole are recommended. Rest and raise when not using and also icing the area can help.

Heel pain and stiffness can also sometimes be caused by damage or tightness of the Achilles tendon, which runs up the back of the heel. This can occur gradually over a long period of time, or the tendon can suddenly rupture or tear.

If you experience sudden and severe pain in the back of your heel, which may be accompanied by a "popping" or "snapping" sound, you may have torn your Achilles tendon and should go to your nearest A&E.

Swollen joints

Swollen joints can be caused by conditions that affect the joints or structures around joints, such as bursa and tendons. Bursa are small fluid-filled sacs underneath the skin, found over the joints and between tendons and bones.

Examples of these types of conditions include:

- **Bursitis** – a swollen bursa; bursitis is common in the knee, hip and elbow
- **Tendonitis** – a swollen tendon around the shoulder, elbow, wrist, finger, thigh, knee or back of the heel

Regular rest and icing will help this along with any support such as an elastic bandage or tube bandage around the area.



RECOVERY

Using the **PRICE** method below will help manage most minor injuries at home.

PROTECT

Protect your injury from further damage for example by using a support or splint.

REST

Rest your injury for the first two to three days. The reintroduce movement gradually so you don't delay your recovery by losing muscle.

ICE

Ice the painful area with a cold compress such as ice or frozen peas wrapped in a towel. This will help to reduce swelling and bruising. This should be done 3-4 times a day. Do not apply ice direct to skin!!!

COMPRESS

Compress the injured area with an elastic/elasticated bandage to help limit swelling and movement. Do not leave on as you sleep!!

ELEVATE

Elevate your injury by resting it above your heart and keep it supported.



EAP

EMERGENCY ACTION PLAN

FIRST AIDER/HELPER INFORMATION

BEN GODFREY – 07585229692

ALAN STREET – 0734320545

DEFIBRILLATOR (AED) – LOCATION

K2 CRAWLEY, ST WILFRID'S CATHOLIC SCHOOL

**HOUSING 21, HOGSHILL GARDEN, 66 BRIGHTON ROAD,
CRAWLEY, RH10 6RS**

IFIELD COMMUNITY COLLEGE

**SPIRENT COMMUNICATIONS, 108 HIGH STREET, CRAWLEY, RH10
1BD**

ORIEL HIGH SCHOOL

**EQUINTI SUTHERLAND HOUSE, RUSSELL WAY, CRAWLEY RH10
1UH**

SACKVILLE SCHOOL

**EAST GRINSTEAD TOWN COUNCIL, EAST COURT, COLLEGE LANE,
EAST GRINSTEAD, RH19 3LT**

NEAREST HOSPITAL /A&E

HOSPITALS

CRAWLEY HOSPITAL, WEST GREEN DRIVE, CRAWLEY, RH11 7DH

A&E

EAST SURREY HOSPITAL, CANADA AVENUE, REDHILL, RH1 5RH



INJURIES

The benefits of football and exercise far outweigh the risks, but occasionally injuries do happen.

Our staff are FA Emergency First Aid trained and will always assist your child with injuries to the best of their abilities.

If you need further support or regular physiotherapy treatment, please get in touch and we will be happy to point you the right direction.