

ARTICLE 1

Types of Injury

Injuries are classified as either ACUTE or CHRONIC

ACUTE injuries generally have a sudden onset and occur quickly.

These can initially be treated with R.I.C.E (Rest. Ice. Compression. Elevation) for the first 24 – 48 hours and evidence suggests that the sooner you apply Ice and Compression the quicker the healing time.

ACUTE injuries that occur in athletes are generally:

- SPRAINS (Injury to a ligament or capsule)
- STRAINS (A stretching or tearing of a muscle or tendon – often described as ‘pulling’, ‘ripping’, or ‘tearing’ a muscle)

With appropriate treatment Sprains can be healed within 4 – 16 weeks depending on the severity of the injury. (Sometimes these can be worse than actually breaking a bone). Common athletic sprains occur in the ankle, knee or shoulder (throwing events).

With appropriate treatment Strains can be healed within 2 – 6 weeks depending on the severity of the injury. Most athletic strains occur in the hamstring (behind your leg), quadriceps (the thigh) or the calf muscle.

With these injuries it is best to get them checked between 24 – 48 hrs after injury.

CHRONIC injuries have gradual onset and last for longer and a lot of the time the exact mechanism or time of injury is not known. They normally occur from an accumulation of minor problems or a repetitive stress. Consequently, chronic injuries are primarily inflammatory conditions in which the demands of the tissues exceed the ability to heal and recovery before more stress is applied. Chronic injuries normally occur when there is not enough rest or recovery, overuse of a body part, over activity, overloading or repetitive friction between 2 structures. As you can see Chronic injuries are much more difficult to treat than acute injuries because the longer the pain continues the longer it takes for healing.

Typical chronic injuries include:

- Tendonitis (achilles, patella, bicep) - Pain, swelling, tender to touch.
- Bursitis (Achilles, knee) – Pain, redness, heat, more fluid.
- Capsulitis (shoulder, elbow, ankle) – Pain, joint inflamed, swelling, hard to move joint.

- Neuritis – (Any nerve) - Local and referred pain, tenderness, impaired sensation, pins and needles)

As noted, chronic injuries need to be addressed as soon as possible as they will only get worse. There is no such thing as, “running it off”; an injury cannot disappear. It can heal with appropriate diagnosis, rest, treatment and rehabilitation.

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***PLEASE NOTE THAT THE ABOVE ARTICLE REPRESENTS PHIL SADLER'S VIEWS,
AND SHOULD NOT BE TAKEN TO MEAN THAT HAVERING MAYESBROOK AC
NECESSARILY ENDORSES THEM***