

Exercise Injury

Introduction

This following information is not to be used for self-diagnosis. It's primary intent here is for identification purposes in order to provide first-aid care or to help understand a medical professional's diagnosis. A medical professional always should be consulted in all cases of injury or suspected injury. Symptoms may appear to indicate one type of injury but may in fact be an indication of a more serious injury.

It is important to understand where first-aid and symptomatic relief end and medical diagnosis and treatment begin. The latter can get you prosecuted for practicing medicine without benefit of a license. Wrongful first-aid through negligence can get you involved in a civil suit. They're both bad.

For example, if a client tells you of a specific pain that they're having and you say that they probably have such and such, you've just made a diagnosis. Now, if you further extend yourself by telling them that they should do this exercise or take ibuprofen for 3 days, you have prescribed a treatment (rehabilitative or drug), which should be done by a medical professional. The solution is very simple, tell them not to do the offending exercise and see their doctor if pain persists. Protect yourself legally and your client's physical well being.

First-aid treatment is designed to provide pain relief and limit further injury immediately after an acute injury in order to limit further injury, swelling, bleeding, etc. until a medical professional can attend to the injury. Don't confuse the two scenarios. First-aid treatment should be encouraged not forced. If a person refuses first-aid and you insist on providing it anyway, you're probably exposing yourself legally again. First-aid should be limited to Rest, Ice, Compression, and Elevation or RICE and advice to see their doctor.

Acute Injury

If you pull a muscle or have a specific pain after exercising, the immediate first-aid treatment is RICE (rest, ice, compression, and elevation). Ice every 2 hours for about

10-15 minutes, over a 48-hour period. If injury doesn't respond to RICE in a couple of days, you should see a medical professional.

Chronic Injury

Chronic injuries fall into the "other" category of diagnosis and treatment. See a doctor.

Overuse Injuries

Overuse injuries encompass a broad range of exercise-related injuries. These type injuries are caused by overtraining over a long period of time gradually weakening or irritating an area of the body until exercise becomes difficult or impossible, or other symptoms appear.

Most overuse injuries can be avoided by utilizing proper form and technique, appropriate rest, proper equipment and clothing (especially footwear), and a conservative increase of exercise frequency, intensity, or duration.

All Rights Reserved © [Arab British Academy for Higher Education](http://www.abahe.co.uk)