**In Case Of Injury During Game/Practice**

* **Stop all activity for that day/night**
* **Ice within first minutes of injury after that no ice is necessary and will delay healing**
* **Heat if desired or brings relief after first 36 hours of injury**
* **Increase animal protein foods, even in children, during healing state**
* **Supplement with vitamin C or foods high in vitamin C…peppers, leafy greens, citrus during healing state.**
* **DO NOT give NSAIDS or any other form of anti-inflammatory as this prevents the healing process of inflammation and swelling.**
* **Note player’s progression next few days. If getting better should be okay. If not have them see family MD or me.**
* **Could note pain level on 0-10 scale (0 being no pain, and 10 worst pain ever.) If that number is steady or increasing contact specialist.**
* **No child should play in pain, other than breaks and bruises.**
* **Movement is the key to healing. As long as there is no fracture or dislocation the affected area should be moved a total of 300 times per day, yes for 6 year olds as well.**

**For further questions or concerns for ANYONE with ANY issue contact Dr. Tommy John at 847.421.0025. Pain is a warning not a lifestyle.**