

COMMON SOCCER INJURIES AND TREATMENTS

<i>AILMENT</i>	<i>SYMPTOMS</i>	<i>SUGGESTED TREATMENT</i>
Abrasion	Loss of skin surface.	Cleanse with antiseptic and apply antibiotic ointment.
Blister	Fluid buildup under skin.	Have it drained by a qualified person and clean the area.
Concussion	Severe blow to the head which can cause dizziness, dull to severe headache, ringing in ears, vomiting, disorientation, and a possible loss of consciousness.	Remove from contest and do not allow player to reenter the game even if (s)he provides assurance of being fine. As a precaution, always have the athlete seen by a professional.
Contusion	A bruised muscle or tendon.	RICE.
Cramps	Involuntary and painful muscle contraction.	Firm pressure on the area combines with a gentle massage. Hydrate the player.
Heat Exhaustion	Weakness, pale/clammy skin, profuse perspiration but normal body temperature, possible cramps, nausea, dizziness, vomiting, and fainting.	Lie the player down with the feet slightly raised. Loosen clothing, apply wet cloths and fan player or remove to a cooler area. Provide water in small doses every one hour. If the player vomits, discontinue fluids and take to the hospital.
Heat Stroke	High temperature; red, dry, and hot skin; rapid pulse; weakness (possible loss of consciousness); and little or no noticeable sweating.	Remove clothing (without compromising privacy), sponge bare skin with cool water or place in a tub with cool water (but do not add ice!), and bring to a cooler or an air conditioned area. Avoid stimulating and over-cooling (at the risk of inducing shock). Quickly get professional help.
Sprain	An injured ligament.	RICE. If in any doubt, seek professional help.
Strain	Torn muscle or tendon.	RICE. If in any doubt, seek professional help.