

## ***THE TEAM MEDICAL KIT***

### ***IT'S MUCH MORE THAN JUST A PLACE TO KEEP TAPE FOR THE SHINGUARDS***

At any level of soccer, having the right medical supplies in the kit can be the difference between winning and losing! Here is a list of the absolute essential items to have and what they are best used for.

**Tapes:** There are many different types of tapes and many different applications. The kit must have the following.

- 1) 1.5 inch athletic tape: This is the generic tape for supporting most areas.
- 2) Pre-wrap: A must to protect the skin from the adhesives in the tape
- 3) Flexible Tape 2 inch and 3 inch sizes: Useful when you do not want to restrict motion.
  - i) Power-Flex: Flexible non-adhesive tape that will adhere to itself
  - ii) Light-Plast: Adhesive flexible tape
- 4) Cover-all (optional): This is great to hold band-aids and non adherent padding on. This also can be used to prevent scrapes and burns when on turf.

**Wound Care:** There are a few must haves when it comes to wound care.

- 1) Latex-Free Gloves: A necessity when exposed to bodily fluids
- 2) Non-Sterile Gauze: Great for all the scrapes cuts and bloody noses.
- 2) Peroxide: One of the best cleaners when the wound is superficial. This is also great for getting blood out of a uniform or equipment.
- 2) Triple Antibiotic Ointment or Neosporin: This should automatically be put on before the band-aid is applied. A little antibiotic ointment can prevent from the majority of infections.
- 3) Saline: Saline is the preferred method of irrigation when the wound is deep. Also used for cleaning the eye.
- 4) Save-a-Tooth or Tooth Savers: These are essential for sterilizing and saving a tooth after it has been knocked out of the mouth. Typically the tooth can stay in this solution for up to 4 hours and still be put back in the mouth.

**Band-aids:** Size matters and you can never have too many.

- 1) 1x3 strip: The standard band-aid for all small wounds
- 2) Knuckle: Great for areas of the body that have to flex and move. Also great for fingertips and toes.
- 3) 4 Wing: Larger band-aid that is also great for elbows and heels. Especially great with blisters
- 4) Non Adherent padding: Larger covering that is great for scrapes and burns from sliding. Because this is a non adherent pad, you will need to tape the pad on. I like to use cover-roll (see tape section)
- 5) Steri-Strips: The closest thing to stitches. These are great for closing wounds that will need stitches. Stitches need to be applied as soon as possible and no later than 6 hours from the time of injury

**Wraps:** Ace wraps can be used in many different ways to help an injured athlete on the field. You can support an area, compress an area or simply use it to hold ice on an area. These take up a bit more space in the bag, but at minimum you should have the following sizes

- 1) 2inch x 5yards: useful for wrist and small ankles
- 2) 4inch x 5yards: useful for wrists and ankles
- 3) 6inch x 10yards: useful for hip and knee injuries

**Ice Packs:** The instant ice packs can be great when you don't have access to ice on the sidelines. They will not get as cold or last as long, but they are better than nothing. Whenever possible, have ice and ice bags.

**CPR Mask:** Just so you are prepared for anything, if you are certified in CPR you should have a mask.

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