

INITIAL INJURY TREATMENT

Initial treatment of any injury - how important is it?

A lot of people think that RICE is only something you eat!!! But, once you have read the testimonial below, I am sure you will agree that RICE is one of the most important parts of injury treatment in the sport community...

I asked a cricket player to share with me his experience of proper initial treatment and this is what he had to say...

During the last Supersport game of the 2011/2012 season, I felt something going wrong in my side. I immediately stopped bowling and didn't think much of it. I straight away went for an MRI scan and it revealed a spot on the edge of my eleventh and twelfth rib that was very inflamed. It took about five days for us to be able to diagnose that it was the attachment of the stomach muscles to the ribs, instead of an intercostal muscle tear. This was because of pain in the general area...

So, rehab started!!!!

For the first week I basically lived with an ice pack and TENS machine stuck to my side.

I would ice myself for an hour every two and a half hours with the TENS machine going for the full hour.

On day five I also went for platelet injections and we would re-assess in a week to see if a second injection was needed. I never had to do the second injection.

During the second week, I started having physio sessions where we would do all the needed soft tissue mobilisation, but we focussed a lot on thoracic mobility.

There was a definite level thoracically where the pain would refer to the injury site, which we would mobilise.

In week three, while all of the above mentioned would continue, we slowly started rehab exercises where I would focus firstly on thoracic rotations and as pain allowed me we would add resistance as well as increase the range of motion of segmental rotation of the thoracic area.

The loading of the rotational forces was gradually increased as pain allowed us to the point where no pain was felt on optimal rotation against optimal force, which would then allow us to start with explosive exercises, combined with endurance exercises. This would mimic bowling as much as possible, without me actually bowling. I think because of the initial treatment straight after injury and the fact that we could recognise the injury very early, helped me to progress through all of this quite quickly, which meant that within fourteen days I was able to do all the exercises without any pain.

So, week four we started sport specific training...

I was bowling eight overs from a standing position for the first two days.

On day three I could add two overs from five paces, but cut down the amount of overs bowled from a standing position to five.

Day four and five I did two overs standing as a warm-up, two overs from five paces and then two overs from nine paces.

Day six was two overs from standing position, two overs from seven paces, one over from ten paces and one over from a full run-up.

The over from a full run-up was done at eighty percent.

Day seven and eight was two overs from eight paces, one from a full run-up at eighty percent and one from a full run-up at hundred percent.

Day nine and ten I bowled three overs from a full run-up at match intensity.

As you can see, the tendency here is to make you bowl a lot of overs initially and as intensity increased, the load decreased until you can bowl at least three overs at match intensity. Then, what we did was I bowled two sessions of three overs a day and then two sessions of four overs a day. After this I was declared fit.



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The whole process took me just over four weeks, where I was told that I would only be fit after at least six weeks and a previous and similar injury took seven weeks before I was declared fit. This can be because of the fact that the second one was a lot less severe, but I firmly believe it was because of the fact that our initial protocol this time around was a lot better...

RICE is definitely not just something to have with gravy!!!!!!

