

# Smart Injury Management

Smart Injury Management is ensuring injuries are identified, assessed and treated early.

## 3 Tips!



If in doubt remove player from the court



Knee injury risk can be minimised by learning to land well



Do not return to play until you can do all of the NetballSmart Dynamic Warm-up

## Types of Injury

There are two types of injury:

Acute or contact injuries can be difficult to avoid.

Non-contact or overuse injuries can be reduced through performing key movements well and managing player's loading.

- TALK** Significant injury/head injury player in shock
- ↓
- OBSERVE** Significant deformity, significant swelling
- ↓
- TOUCH** Severe tenderness, bony tenderness
- ↓
- ACTIVE** Reluctant to move, painful/loss of range
- ↓
- PASSIVE** Reluctant to be moved, painful/loss of range inability to perform task, pain/instability
- ↓
- SKILLS** Inability to perform task, pain/instability
- ↓
- OBSERVE RTP** Favouring inability to perform task

**REMOVE FROM THE COURT**

## P.R.I.C.E.D

APPLY P.R.I.C.E.D AS SOON AS YOU CAN



Protect



Rest



Ice



Compress



Elevate



Diagnose

## Anterior Cruciate Ligament (ACL)

The ACL is the pivotal ligament in the knee. It is critical for stability, and stops the knee from pivoting.

ACL injuries occur in Netball. ACL and all other lower limb injuries can be minimised by using the NetballSmart Dynamic Warm Up and practising proper landing technique. See the Landing Skills Resource for more information.

## Age Related Injury

Sore heels (severs) and knees (osgood schaltters) are common during growth phases.



If heels/knees are sore, decrease activity until the pain settles.



These conditions go away once growing stops.



## Ankle Injury



> 50% of players who had an ankle injury will have another injury within two years.

> Use the NetballSmart Dynamic Warm-Up as a rehabilitation tool - it involves balance and landing.

> Netball NZ is currently working on an Ankle Injury Prevention Strategy.

## Return to Play

Injured players need to gradually return to training, then progress to games.

Players should graduate through a return to play process, ensuring injury does not worsen.

Use the NetballSmart Dynamic Warm-Up to gauge progress.

If you cannot complete 100% of the NetballSmart Dynamic Warm-Up, then you cannot return to games.