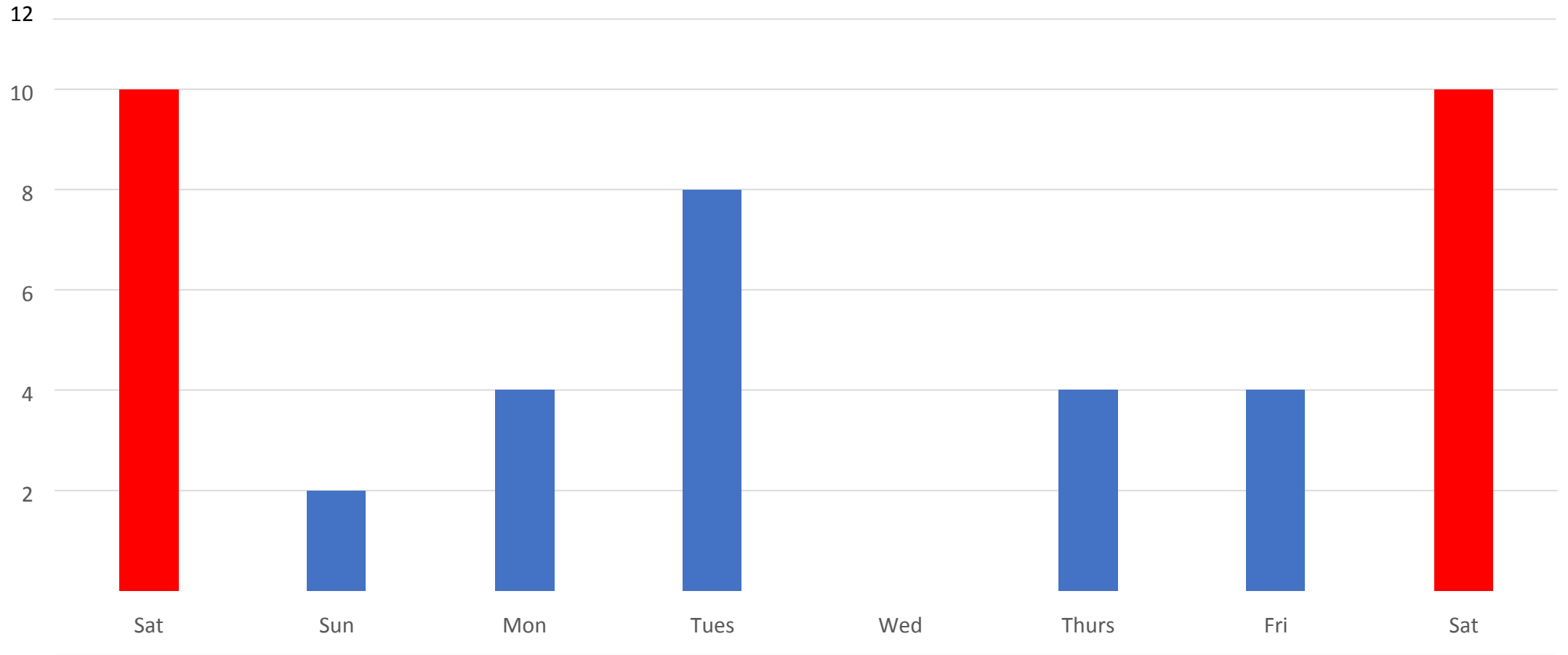


## **Preparation, Acute Pitchside and Post-Match Injury Management on Match Day Mini Series**

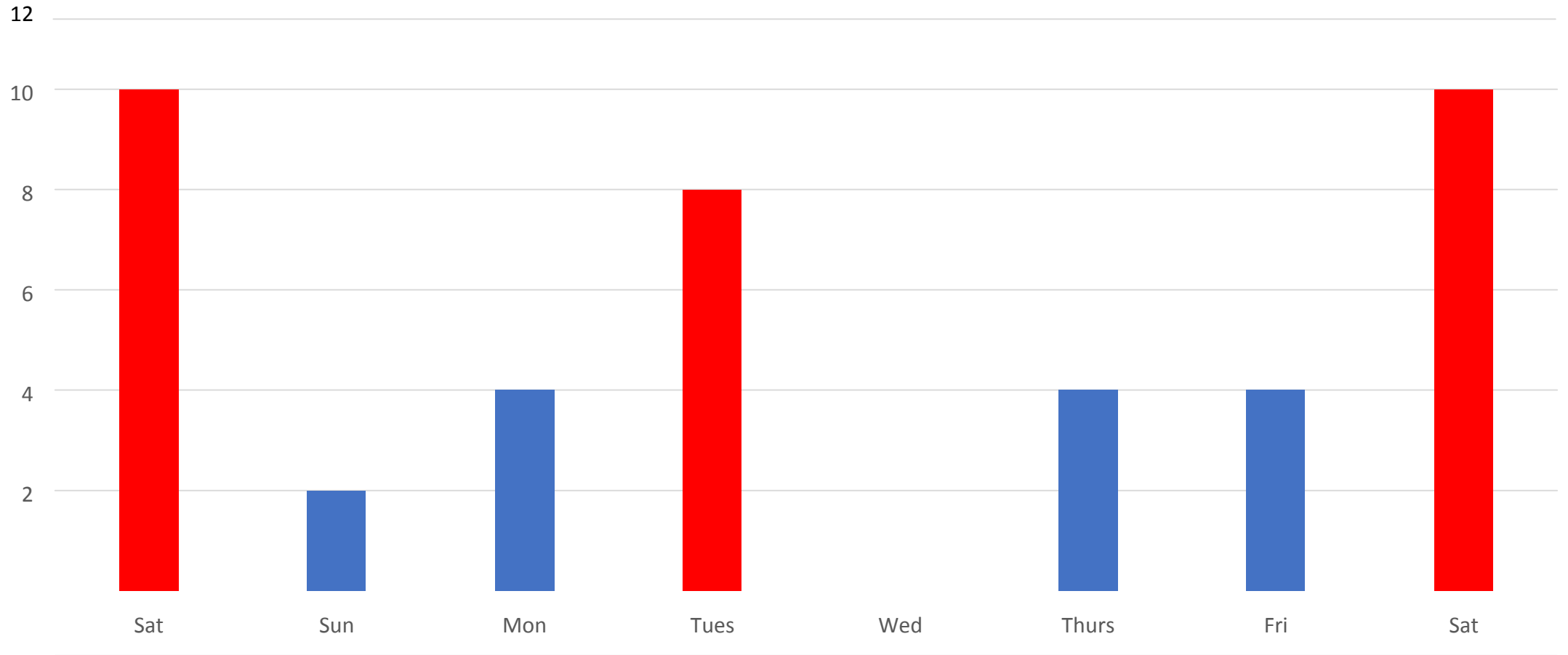
Session 1 - Pre-Match Preparation of the Medical Team and Playing Staff

**David Fevre MSc MCSP SRP**

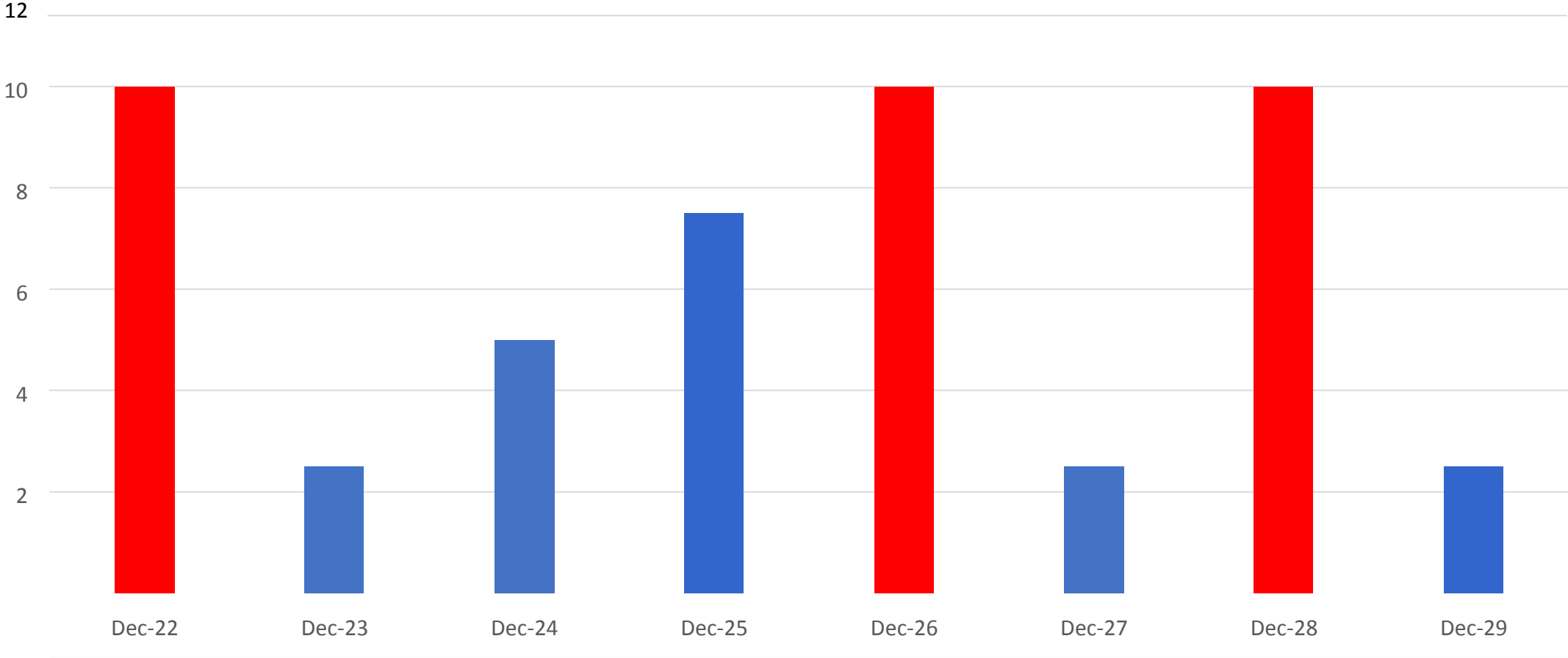
# Game Week



# Game Week



# UK Holiday Period



# Travel to Away Game- Coach

- Distance to travel
- Food/fluid for journey
- Comfort
- Acute Medical Care
- Emergency Medical Equipment
- Entertainment



# Travel to Away Game-Train



- Distance to location
- Food
- Mobilise
- Comfort
- Acute Medical Care
- Emergency Medical Equipment
- Connecting transfers

# Travel to Away Game-Aeroplane



- Distance to location
- Food
- Mobilise
- Comfort
- Acute Medical Care
- Emergency Medical Equipment
- Connecting transfers



# Night before Away Game - Hotel

- Location
- Food
- Noise
- Share/Singles
- Team or individual talk
- Treatment Session
- Foam Rollers/Pool after journey
- Previous results!!





# Pre Match Sleep

- Timing
- Hotel/Home
- Mattress
- Pillow
- Linen
- Allergy
- Air Conditioning



# Morning before away game



- Wake up time
  - Breakfast
- Massage/stretch session
  - Team talk
- Pre match meal (3 hours prior)
  - Travel

# DECISION TIME ~ Game day



- Fitness test at nearest grassed area
- Avoid match stadium
- Limited in area/surface
- 4-5 hours before ko

# First Aid Room

- Easy access for stretcher and personnel
- Lockable
- Hot and cold running water
- Adequate lighting/heating
- Blankets
- Telephone/Mobile
- Contact/direction details of A&E
- Treatment Plinths
- Lockable cupboards
- Yellow clinical waste bag/sharps bin
- Ice Machine
- Curtains/screen
- Fire extinguisher/exit



# Vacuum Splints



- Various Sizes
- Check before game
  - Inflate
  - Leave 30 mins
  - Re-assess rigidity

# First Aid Kit

- Disposable Gloves (x2) hypoallergenic
- Pocket Mask
- Eye Dressing
- Plasters/dressings/bandages/swabs
- Tapes
- Triangular bandages
- Saline solution
- Foil blanket
- Scissors – Tuff cut and normal
- Sugar sweets/cereal bar (diabetics)





# Kit bag 1 for qualified medical professionals with suitable medical indemnity (EFL and PL guidelines)

- Pocket mask
- Oral and nasal airways
- Pen torch
- Tuff cut and normal scissors
- Gauze swabs
- Plastic bags
- Tape
- Sweets/cereal bar (diabetics)





## Kit bag 2 for qualified medical professionals with suitable medical indemnity (EFL and PL guidelines)

- AED
- Portable suction
- Oxygen with non re-breathe and bag valve mask
- Pulse oximeter (illustrated)
- Stethoscope
- Forceps
- Sterile trauma dressings
- Upper and lower limb splints



# Running On Bag (Personnel)

- Contact Lenses/Mirror
- Specific player inhalers
- Hypostop/Glucagon
- EpiPen
- Strappings
- Towel
- Padding
- Cliniband (Old)
- Vaseline
- Adjustable rigid cervical collar
- Radio/Phone contact



# Stretchers

- Scoop stretcher
- Long back board
- Adjustable stiff neck collars
- Head blocks and straps
- Basket stretcher
- Vacuum Stretcher
- Spider straps



# Upper and Lower Limb splints



- Box splints (illustrated)
- San splint
- Finger splints
- Vacuum splints



# Pitch side Equipment

- SCAT 5 forms
- Ice
- Velcro wraps/Towels
- Crutches
- Replacement Dressings
- Hand Gel



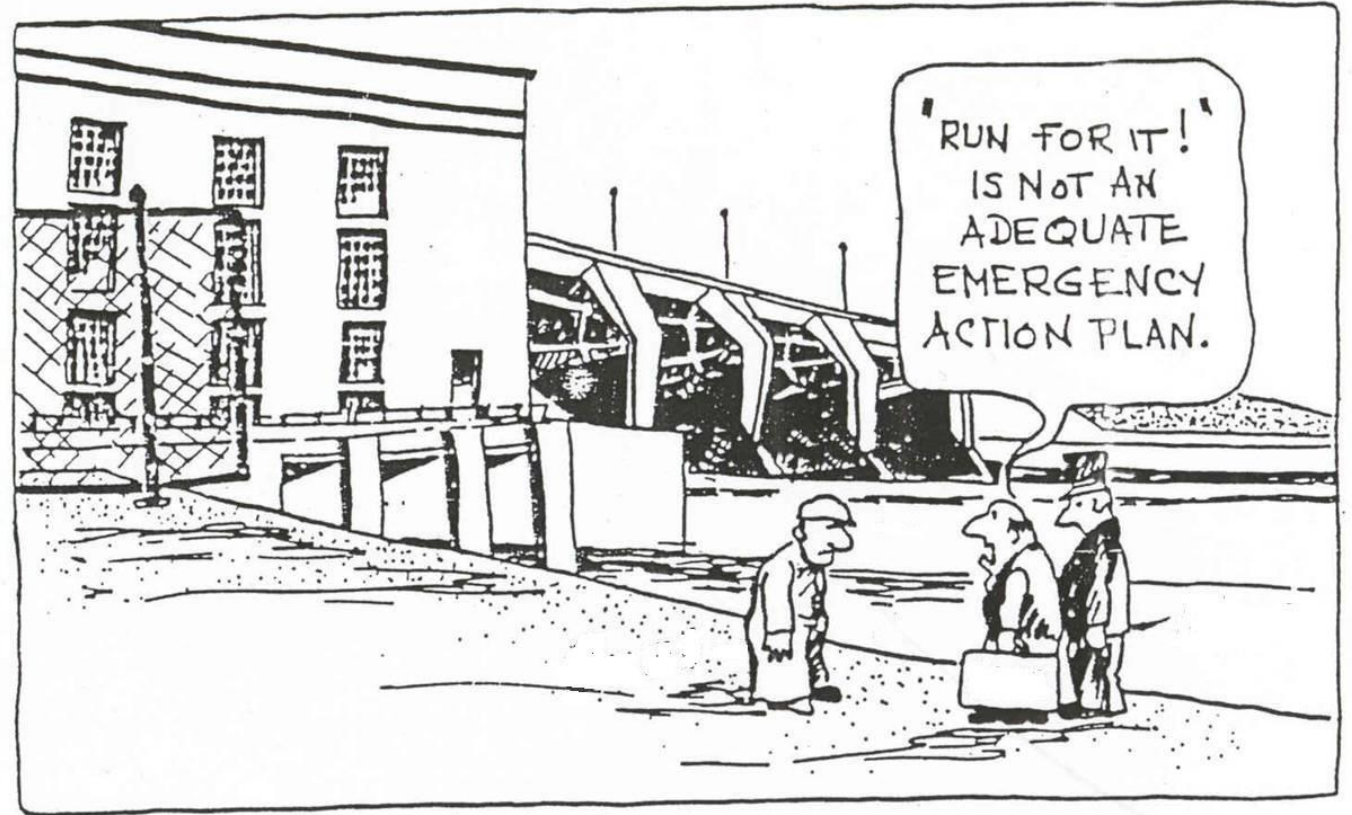
# Dressing Room Home



- Individual Cubicles
- Video/TV/Audio
- Spacious
- Warm up Area
- Bikes
- Ice bath
- Plunge pool
- Fridges

# Emergency Action Plan (EAP)

- Minimum guidelines from the governing body/league/club
- Medical Emergencies
- Ground evacuations
- Evacuations
- Major Incidents





# Questions related to EAP

- Does your role within the medical team differ if a player emergency occurs in training or on a match day?
- Where is all emergency equipment stored at the ground?
- What is the ideal route for an ambulance to access and leave the ground?
- If there is a major stadium incident, what happens to your role with the team before assisting in the new situation?

# Practice Injury Scenarios

- Immediate Injury management
- Referral to secondary and tertiary care
- Complete medical records
- Complete accident report book
- Training and education of stretcher bearers/players
- Appropriate pre participation screening documentation



# Pre-Match Meal

- 3 hours before kick off
- Fish/Chicken
- Eggs, Various
- Breads/Pasta/Rice
- Vegetables
- Cereal
- Rice Pudding



# Pre game intake

## Fluid

**EVERY 1 KG LOST IN THE GAME IS EQUIVALENT TO 1 LITRE OF FLUID**

**ONE TO CUPS OF FLUID PER HOUR**

**3-4 HOURS PRE SPORT IS RECOMMENDED**

**WATER IS IDEAL, SPORTS DRINK IS AN INDIVIDUAL CHOICE**



## Food (Up to 1 hour before if necessary)

- Whole grain pretzels
- Whole grain dry cereal
- Whole grain crackers
- Granola bar
- Whole grain toast
- Whole grain bagel



# Physiotherapy Roles

- Strapping
- Manual Therapy
- Pitch side Trauma Management



# Hygiene and Personal Protective Equipment (PPE)

- Wear PPE i.e. disposable gloves
- Cover own wounds with waterproof dressings
- Remove jewellery
- Wash hands before/after each player contact
- Up to date vaccination records
- Specialised cleaning fluids for spillage/leakage
- Clinical Waste





# Strapping Materials



- Underwrap
- Zinc Oxide Tape
- Cohesive Spray
- Elastic Adhesive Bandage
- Adhesive Wool Felt
- Scissors



# Why use Strapping to play?

## Limit joint range

30% on initial application(Myburgh et al,1984).

-Lessens with exercise

40%-10 minutes (Rarick et al,1962) 25%-30 Minutes (Vaes,1985)

18%-15 minutes (Laughman et al,1980)

After 60 minutes all mechanical restriction is lost (Fumich et al,1981).

## Stimulate the neuro-muscular mechanisms

Facilitates the effect on skin receptors and stimulates muscular contraction of peroneus brevis (Sprigines,1981).

\*Proprioceptive training is as effective as taping in prevention and reduction of ankle injuries  
(Tropp,1985)\*



## Sustained and Natural Apophyseal Glides (SNAGS/NAGS)



- Non direct manual therapy approach
- Spinal and extremity
- Combined with Mobilisations with Movement (MWM)
- ‘A joint mobilisation applied along the treatment plane of the joint while the player performs the comparable movement actively’

Mulligan

# Proprioceptive Neuromuscular Facilitation (PNF) Kabat



- Non direct manual therapy approach
- Uses combinations of isometric and isotonic muscle contractions with active and passive stretching
- Uses associated breathing techniques
- Treatment tool not diagnostic
- Used in combination with alternative manual therapies

# Muscle Energy Technique (MET)

## Chaitow

- Muscle/fascia direct approach to manual therapy
- Uses intrinsic muscle power to achieve a variety of effects, involving isometric and isotonic contraction phases
- Diagnostic and treatment tool
- Used in combination with alternative manual therapies





# Specific Soft Tissue Mobilisation (SSTM) Physiological (Static/Dynamic)



## **Static**

Muscle/fascia direct approach to manual therapy  
'No joint movement or muscular contraction with longitudinal tension applied to the site of tissue dysfunction'

## **Dynamic**

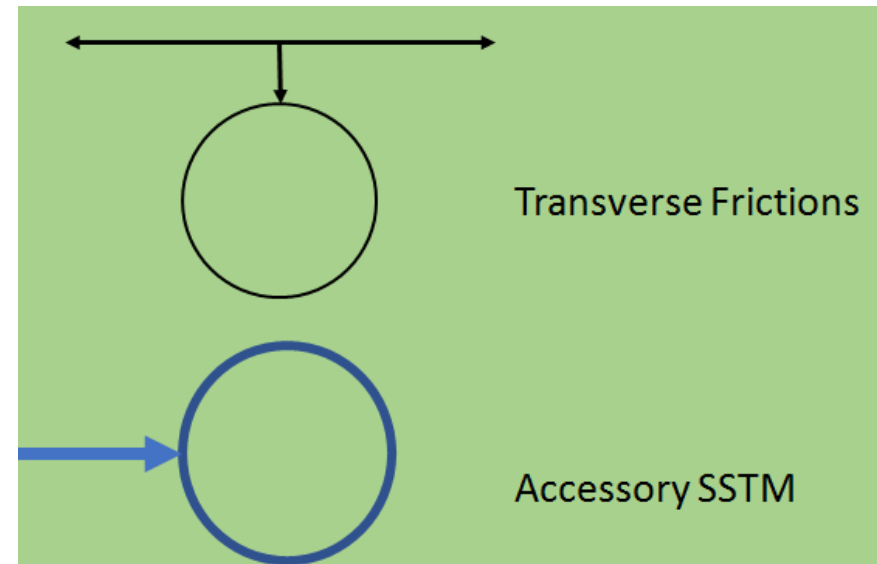
Non direct manual therapy approach  
'Joint movement or muscular contraction with longitudinal tension applied to the site of tissue dysfunction'

# Specific Soft Tissue Mobilisation (SSTM)

## Accessory



- Non direct manual therapy approach
- '90° force applied to the line of the affected tissue and on the same plane where possible'



# Specific Soft Tissue Mobilisation (SSTM) Combined



- Non direct manual therapy approach
- **‘Combining accessory with physiological to produce a sequence effect’**
- Mixing functional movement patterns related to the sport with the appropriate SSTM

Hunter



# Adverse Neural Tension (ANT)

Non direct manual therapy approach

Assessment and treatment of the nervous system as a dynamic structure

Uses passive mobilisation through tension testing

The testing and examination tension tests become refined relative to the injury and are then used as the treatment modality of choice



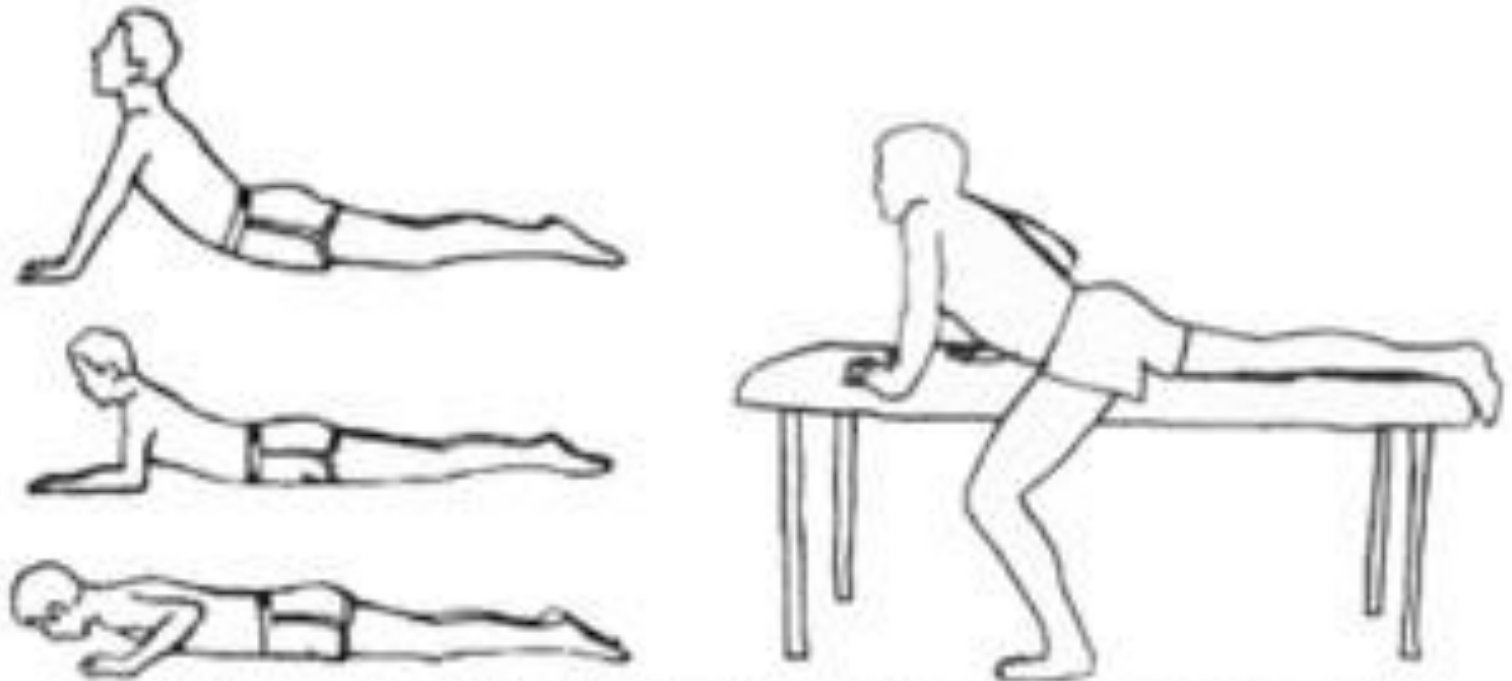
# McKenzie

Joint direct approach to manual therapy

Joint pain caused by postural stress, joint derangement or dysfunction

Diagnostic and treatment tool

Self exercising treatment concept



*A patient performing McKenzie extensions (left) and one-leg press-ups (right).*

# Stretching

STRETCH

0

FULL ROM



SIMPLE

DEVELOPMENTAL

DRASTIC

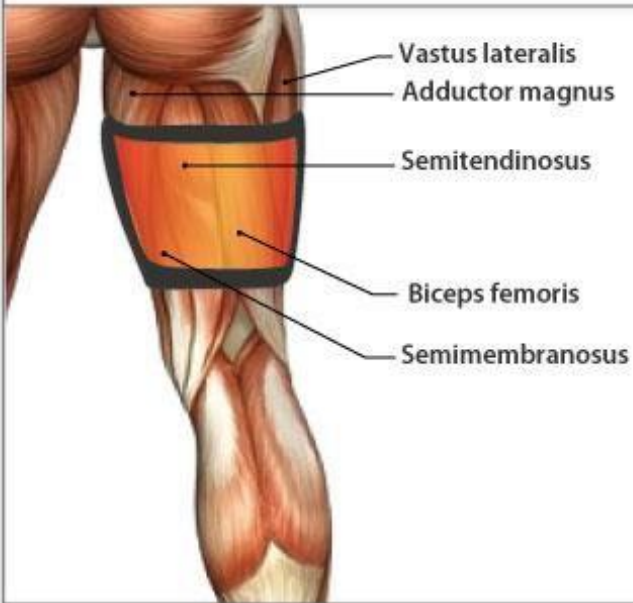
# Muscle Stimulator

- Compex
- Kneehab
- Part of the players prehabilitation routine
- Supplement active exercise

ANDERSON



## Leg/Arm Inferno Wrap® An Internal View of the Energy Web®



### **Unbeatable Healing Power**

The Energy Web® covers your injured hamstring to heal damaged tendon and muscle fibers and reduce pain, spasm, and cramps. The effects of the energy waves reach beyond the Energy Web® area for complete treatment of your entire hamstring.

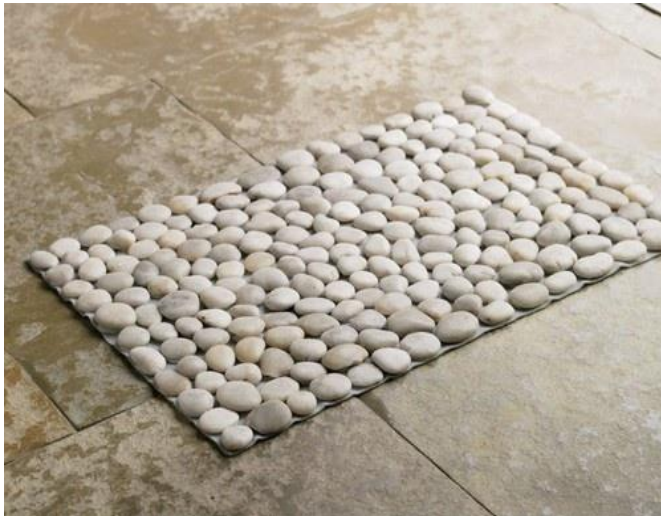
MendMeShop® © 2011

# Hot packs

- Use of direct infra-red heat via thermal hot packs
- Superficial structures primarily
- Vasodilatation
- Muscle relaxation
- Increased metabolism
- Sedative effect on sensory nerve endings

# Fascial

- Golf Ball
- Foam Roller
- Fascial mat





00:00

COUNTDOWN