Common Basketball Treatment, Injuries, and Prevention

P.R.I.C.E. Treatment Method

**Definition**

**P.** Protect — Protect the injury from further harm by using a brace, splint, immobilizer, or ACE bandage.

**R.** Rest — Rest the injured area by not participating in activities that are painful to perform.

**I.** Ice — Ice the area for 20 minutes every 2 hours. Never use heat because it increases swelling.

**C.** Compression — Compress the swelling using an ACE bandage or compression wrap to limit any further swelling. When wrapping the injured area, start at the furthest point away from the body and move toward the body. Be sure that you are not cutting off circulation.

**E.** Elevate — Elevate the injured area above the heart to pull blood flow away from the injured area.

**Common Injuries**

**Ankle Sprain**
The most common injury in sports is a lateral ankle sprain. This injury occurs by rolling the ankle over the outside of the foot. This often occurs in basketball when landing from a jump or planting for a sudden change of direction. With this injury, ligaments that support the ankle can be torn, which lead to swelling, inflammation and bruising around the ankle. An ankle sprain injury may take a few weeks to a few months to fully heal.

**Knee Ligament Injuries**
Knee ligament injuries include over-stretching or tearing one or more of the ligaments of the knee. A tear may be partial or complete. Early symptoms include a popping sound at the time of the injury, swelling within 6 hours of injury and pain, especially when you try to put weight on the injured leg. Those who have only a mild injury may notice that the knee feels unstable or seems to give way when using it.

**Achilles Tendonitis**
Achilles tendonitis is inflammation, irritation, and swelling of the Achilles tendon caused by the constant jumping and landing involved in basketball. Symptoms usually include pain in the heel when walking or running. The tendon is usually painful to touch and the skin over the tendon may be swollen and warm.

**Knee Pain/Tendonitis**
Tendonitis is the inflammation, irritation and swelling of a tendon. It can occur as a result of injury, overuse or aging as the tendon loses elasticity. Any action that places prolonged, repetitive strain on the joints and muscles can cause tendonitis. The most common symptoms are pain and tenderness.

**Dehydration**
It is important to drink plenty of fluids before, during and after a workout or game. Water is the best drink for hydration. Sports drinks are recommended if the activity lasts longer than one hour.

For more information, or to contact one of our Sports Medicine Outreach Liaisons, email us at SportsMedicine@amitahealth.org or call us at 224.273.2416

AMITAhealth.org/SportsMedicine
The AMITA Health Orthopedics Institute is a national leader in musculoskeletal care, offering comprehensive and advanced care for a wide range of conditions. We are proactive about keeping you active. That is why our multi-disciplinary orthopedic teams enlist a comprehensive leading edge approach to the prevention, assessment, treatment and rehabilitation of musculoskeletal injuries.

Our team of highly-experienced board-certified physicians, surgeons, therapists and nurses are dedicated to providing patients of all ages with a personalized treatment program that is customized for your condition, lifestyle and personal preferences.

We work hard to prevent sports-related injuries, which have become increasingly more common among athletes, especially children. AMITA Health Sports Medicine Outreach Liaisons keep kids active and participating in the extracurricular activities they enjoy by delivering educational programs and support for parents, coaches and athletes that focus on injury prevention, proper technique and overall athletic care.

Early signs of dehydration can be non-specific and include:

- Fatigue
- Apathy
- Headache
- Decreased athletic performance
- Thirst
- Irritability
- Nausea

*Athletes with any of these signs should rest and drink plenty of water

- Dark urine
- Disorientation
- Dry lips and mouth
- Decrease in reaction time

*Seek emergency treatment if any of these symptoms occur

**Shin Splints**

The pain of shin splints is caused by swelling or inflammation of the muscles, tendons and the thin layer of tissue that covers the shin bone. The common causes are overuse from too much training without enough time for tissue recovery/healing or a sudden change in activity level. Treatment includes following the P.R.I.C.E. method above and varying your training routine. If symptoms continue and pain is persistent even with rest, see a doctor.

**Fractures / Dislocations**

It’s difficult to tell a dislocated bone from a broken bone, but the basic First Aid is the same. Symptoms include a visibly misshapen limb, swelling, intense pain, limited mobility and numbness. Keep the person still and calm, contact your healthcare provider or 911. Check for circulation beyond the fracture site and apply ice.

**Prevention**

**Equipment**

Basketball players need a comfortable pair of shoes with good ankle support. Knee or ankle support braces are also common protective equipment for basketball. A sporting goods store can help you find the proper basketball equipment.

**Training / Conditioning**

Proper conditioning, flexibility and functional movement training may reduce the risk of non-contact injuries.

**Warming Up**

Start by jogging a few laps around the gym. As the level of activity increases, the muscles burn more oxygen and their temperature rises. When perspiration begins, the muscles are warmed up and ready for a workout.

**Stretching**

Stretch only after having warmed up; a cold muscle is more likely to tear when stretched. Stretching after a game increases flexibility and reduces stress on joints. Perform stretches slowly, holding each position for at least five seconds.

**Nutrition**

Proper nutrition before and during your workout will help you maintain blood sugar levels and keep you adequately hydrated for peak performance. A doctor or physical therapist can assist you in developing a proper strength, flexibility and nutrition plan.

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