Common Lacrosse 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.

Ankle Injuries

The most common injury in sports is a lateral ankle sprain. The injury occurs in lacrosse by rolling the ankle over the outside of the foot. This often occurs when stepping on an opponent’s foot, or planting for a sudden change of direction.

Knee Injuries

A common injury in lacrosse is an anterior cruciate ligament (ACL) sprain or tear, which occurs when the knee is twisted forcefully or hyper-extended. This often occurs when changing direction on the field or colliding with another player. Athletes with a damaged ACL often describe a pop at the time of injury, followed by a lot of swelling within a few hours. Athletes should see an orthopedic or sports medicine doctor if pain and/or swelling persist after P.R.I.C.E. treatment.

Head Injuries

A concussion is a brain injury usually caused by a sudden jolt or a blow to the head or neck. This can occur in lacrosse when a stick or ball hits the athlete’s head or in a collision with another athlete. An athlete does not need to be knocked out, or have memory loss, to have suffered a concussion. Most athletes who suffer a sports-related concussion do not lose consciousness.

An athlete with signs of a concussion should be removed from play immediately and not allowed to return until evaluated by a doctor. Do not leave an athlete alone after a concussion. For more information, please refer to the concussion flyer.

Dehydration

It is important to drink plenty of fluids before, during and after a workout or game. An athlete’s performance can be impacted by even mild dehydration. It is important to be well-hydrated prior to the workout. In addition:

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.

• Water should be readily available when working out.
• Athletes should drink often — ideally every 15 to 30 minutes.
• Sports drinks are recommended for activities lasting longer than one hour.

Early signs of dehydration can be non-specific and include: fatigue, decreased athletic performance, apathy, irritability, nausea, headache and thirst.

Signs of advanced dehydration include: dark urine, dry lips and mouth, disorientation, and decrease in reaction time.

Athletes with any of these signs should rest and drink water or sports drinks. If athlete’s don’t improve, feel dizzy or faint, or have not had urine output, they should be seen by a doctor. Seek emergency treatment if the athlete is disoriented, unable to drink or has pale skin.

Fractures
It’s hard 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 athlete still and calm and contact your healthcare provider or 911. Immobilize the injury, check for circulation beyond the fracture site and apply ice.

Prevention
Equipment
Use proper fitting cleats, helmets, gloves, shoulder pads and other protective equipment.

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

Warming Up
An effective warm-up increases both your heart rate and your respiratory rate. Start by moving at a slower, more relaxed pace and gradually increase intensity. 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 workout 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. Drink plenty of fluids. A doctor or physical therapist can assist you in developing a proper strength, flexibility and nutrition plan.