


Prevention and Treatment of Injuries

Westfield High School
Houston, Texas

Westfield High School Sports Medicine
Home of the Mustangs

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Rib Contusions

- Caused by a blow to the rib cage. If severe enough, may cause fracture. Both expiration and inspiration are very painful when intercostal muscles are bruised.
- Signs include sharp pain when breathing, point tenderness, and pain when the rib cage is compressed

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Rib Contusions


- Management includes X-Rays to rule out fracture, RICE, antiinflammatory agents. These respond BEST to rest. Wear rib protection when returned to activity.

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Rib Fractures




- Caused by direct or indirect trauma and can be the result of a VIOLENT muscular contraction. MUST be cautious with rib injuries, for resulting hemothorax or pneumothorax may result.
- Signs include severe pain during inspiration and has point tenderness. SEVERE and SHARP pain and possibly crepitus during palpation.

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Rib Fractures




- Management includes referral to team physician. Following physician protocol in imperative.

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Kidney Contusion




- Because of their normal distention of blood, the kidneys are susceptible to injury. An external force applied to the back of the athlete will cause abnormal extension of an engorged kidney, resulting in injury. The degree of injury will depend on the extent of the distention and the angle and the force of the blow.

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Kidney Contusion




- Signs of kidney injury include signs of shock, nausea, vomiting, rigidity of the back muscles, and hematuria. If hematuria occurs, referral to team physician.
- Management includes of 24 hours observation in the hospital and a gradual increase of fluid intake. Surgery required if hemorrhage does not cease.

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Spleen Injury




- Most often caused due to a fall or direct blow to the left upper quadrant of the abdomen. Infectious mononeucleosis is the most likely cause of spleen enlargement.
- Signs of a ruptured spleen **MUST** be recognized so that an immediate medical referral can be made. Signs include nausea and vomiting.

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Spleen Injury



- Signs also include a reflex pain occurring approximately thirty minutes after injury, called **Kehr's sign**, which radiates to the left shoulder and one third of the way down the left arm.
- Complications include the spleen's ability to splint itself and then produce delayed hemorrhage. This can cause death from internal bleeding days or even weeks after the initial injury.

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Spleen Injury



- Management is conservative and a week of hospitalization is recommended. At 3 weeks, the athlete can engage in light conditioning drills, and at 4 weeks, the athlete can return to full activity as long as no symptoms appear.

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Blow to the Solar Plexus



- A blow to the solar plexus produces a transitory paralysis of the diaphragm (wind knocked out)
- Signs include the athlete unable to inhale, hysteria because of fear may result.
- Management includes helping the athlete overcome apprehension by talking in a confident manner, loosen the athlete's belt and clothing around the abdomen, relax athlete.

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