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Helpful Tips For Sports Injuries At Home

Clearwater, FL - February 4, 2021 - As we enter into February, spring is right around the corner. Children are getting back into sports and many of us are heading outside for more activity. Increased activity also means an increased risk of sports-related injuries. Although accidents are bound to happen, there are a few preventative steps to keep in mind for the next time you lace up your sneakers. According to the American Academy of Orthopedic Surgeons, the most common sports injuries are minor sprains, hand or finger injuries and knee or shoulder injuries. Some precautions that can be taken before and after activity to help prevent injuries from occurring, include:

Warming up and stretching: This is an important step, especially if you haven't been active recently. Take time before and after you play to stretch your muscles for at least 5 to 10 minutes.

Wearing proper gear: There is no need to pull out a pair of cleats, but wearing proper footwear is important. Tennis shoes with good traction can help decrease the risk of injury, improve performance, lessen the impact of your step and cushion the foot from heavy landings.

Staying hydrated: Staying hydrated before, during and after physical activity, you can decrease your risk of experiencing muscle cramps. Tight muscles are more likely to result in an injury.

If you suffer from any kind of sports-related injury, and cannot receive treatment immediately, the physicians at Orthopaedic Associates of West Florida recommend following the RICE Treatment:

Rest: Avoid activities that may cause additional injury.

Ice: Ice packs can be applied to the injured area which will help to diminish swelling and pain. Ice should be applied over a towel to the affected area for 15 to 20 minutes four times a day for several days. Never place ice directly over the skin.

Compression: Compression of the injured area helps to reduce swelling. Elastic wraps, air casts and splints can accomplish this.

Elevation: Elevate the injured part above heart level to reduce swelling and pain.

Injuries at home or on the field are common, but can be avoided. If you do experience any kind of injury, seek immediate medical attention by giving us a call at (727) 461- 6026.

About Orthopaedic Associates of West Florida: With over three decades of established group experience, Orthopaedic Associates of West Florida and their Board-Certified physicians specialize in every area of adolescent and adult Orthopaedic services. OAWF merges state-of-the-art technology, unsurpassed physician skills, and a patient friendly atmosphere to provide a superior experience for all patients.

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