

SPORTS TRAUMA AT ISF EVENTS AND PREVENTION



✦ Associated Professor MD

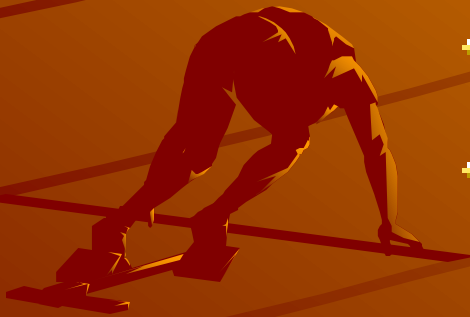
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ISF Experience

- ◆ Baotou China volleyball
- ◆ Fortaleza Brazil football
- ◆ Varajdin Croatia handball
- ◆ Toulon France volleyball



High injury potential



- ◆ Higher age group
- ◆ More professional
- ◆ Highly motivated coaches
- ◆ Long tournament \ matches
- ◆ NO MEDICAL HELP!!!!
for teams and also sports areas



COMMON INJURIES

- ◆ Bruises
- ◆ Lacerations
- ◆ Muscular strains
- ◆ Fractures
- ◆ Heat/cold shocks





INJURY PREVENTION IMPORTANT

- ◆ Motivation to win!!! ISF spirit?
- ◆ Preperation time
- ◆ Match times and breaks
- ◆ Tournament days
- ◆ Medical team for teams



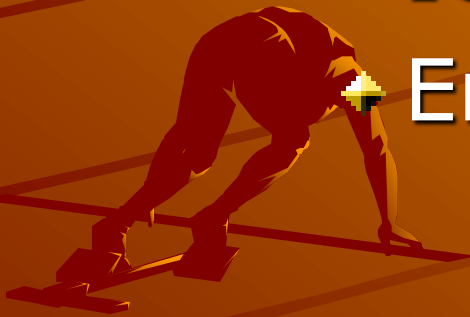
After Injury



- ◆ Medical teams must have to be in close to sports places

- ◆ ICE !!!!!

- ◆ Emergency transfer



Teams must have medical personnel during games

- ◆ Doctor
- ◆ Physioterapist
- ◆ Emergency technician
- ◆ Masseur



What can be done

- ◆ Medics for sports places have to be rule for organizers!!



What can be done

- ✦ Transport with ambulance in emergency have to be rule for organizers



What can be done



- ✦ Suggestions for the teams encourage the teams \to come to tournaments with minimum one of the medical personnel



SPIRIT OF FRIENDSHIP



ISF MEDICAL ISSUES

- ◆ Medical committee
- ◆ Medical advices
- ◆ Medical rules for organizers
- ◆ Medical rules for teams

