Coastal Carolina University
Athletic Training Department
Policy and Procedure Manual
Injury Management
Revised/Reviewed 7/2011

IN THE EVENT OF AN INJURY:

At Coastal Carolina University

- Athletic and other injuries that occur should be reported to the athletic training staff when the injury occurs. The staff will evaluate the injury and determine the appropriate course of action. Treatment is based on the athletic trainer and established protocols furnished by the team physicians. In most cases, injuries are minor in nature and the athlete can be successfully treated in the athletic training facility. If the injury is a major injury, the athletic training staff will refer the athlete to the team physician.

Traveling with an athletic team

- In most cases a member of the athletic training staff will travel with your team; in the event one is not available, please notify your coach or see the medical staff of the host team. It is important that you report any injuries to the staff athletic trainers once you return to campus.

Parents

- Our team physicians are board certified or eligible orthopaedic surgeons – with subspecialty training in sports medicine, hand surgery, foot & ankle surgery, and spine surgery.
- If you have questions or are concerned about an injury that you son or daughter has suffered while participating in intercollegiate athletics at Coastal Carolina University, please call the telephone numbers listed on the back of this handbook.

GENERAL AND FOLLOW-UP CARE:

In order to ensure that athletes recover from their athletic injuries, it is extremely important that they make every effort to comply with the recommended care that is specified by the athletic training staff member until no further care is required as determined by the staff.

The athletic training staff is not responsible for your recovery if you fail to comply with your treatment or rehabilitation schedule as instructed. Your lack of attendance will be reported to the coaching staff.

Referrals

Once a member of the athletic training staff has seen an injured athlete, they will then determine whether referral to one of our Team Physicians is necessary. If further referral is necessary, the Team Physician will then make that decision to refer to the appropriate health care provider. All decisions made by the Team Physician, with consultation by the referral physician are final. An athlete who takes matters into their own hands, or who is referred to a health care professional by someone other than a member of the athletic training staff, **WILL NOT** be covered by the Coastal Carolina University Athletic Department secondary insurance policy.

Medical Records
Record keeping is a very important role of the athletic trainer. Clear and accurate documentation is pivotal in providing proper care and treatment. All medical records will be kept confidential, with only that particular student-athlete's permission to release the information. All records will be kept up to 7 years after that student-athlete has graduated, transferred, or left school. After that time, the records will be destroyed.

INJURY CARE:

The RICE Principle

- Initial injury care includes the following in order to reduce pain, swelling, and promote healing:
    - R = REST the injured area. Do not move it, bear weight, or continue to practice. You will be provided with the proper immobilization aid to assist this process.
    - I = ICE the area to reduce swelling. Ice application should last **20 minutes** and be repeated every **two hours.**
    - C = COMPRESSION is applied to the area to reduce swelling. The wrap should not be applied too tightly as to cause numbness, tingling, or loss of circulation. Ace bandages should always be removed at night because they become tighter.
    - E = ELEVATE the area to reduce swelling. Injured areas should be elevated above the level of the heart and the joint above and below the injury should be well supported.

Ice versus Heat
Intense pain that results in a throbbing, stabbing, or sharp pain is usually the result of nerve irritation or tissue inflammation. ICE should be used rather than heat. Heat is used in the cases of chronic or long-term pain when the athletic trainer feels it is the most beneficial form of treatment.

Taping and Bracing
Taping and bracing is encouraged as a preventative measure. The Athletic Training staff reserves the right to discontinue tape usage if an athlete is not adhering to their assigned rehabilitation schedule.
Bracing for athletes following surgery or injury will be based on physician recommendations. Every attempt should be made to access the student primary insurance for payment with a valid prescription from the physician. If the case is catastrophic in nature, we will also access the secondary insurance on the athlete.