

## HKFC Hockey Section

### Hockey Injury Prevention and Management

Hi, my name is Kate Bridge and I am a physiotherapist working at the Posture Plus practice. Along with my colleague Judy Gould, I will be available at the Club every Thursday evening from 8-9pm (Judy Tuesday evenings) for advice on injury prevention and acute injury management.



As fun as hockey is... it can also lead to some troublesome injuries and a fair bit of pain! Last season we collated information about all the injuries from one of the men's and women's teams, which has helped us formulate an hockey injury prevention information programme. This year we are including all teams – so if you have an injury – let us know – [kate@posture-plus.com](mailto:kate@posture-plus.com) so that we can track the injury mechanisms and hopefully prevent the same thing happening to someone else.

### When do I need to see the Physio?

#### Minor injuries

- Ligament sprains – ankle and knee most commonly, muscle strains – usually hamstrings and calf and contusions (bruises) arising due to high impact collisions.
- Management of such injuries involves Rest Ice Compression Elevation and Referral to the appropriate health professional (RICER) until the inflammation (swelling) settles. This can take anything from 3 days to 3 weeks depending on the severity of the injury.
- Under no circumstances should heat be applied to acute injuries.
- Once the acute pain and swelling subsides it may be necessary to stretch and strengthen the muscle and joint affected – this is when you need the advice and professional care of a physio.

In the vast majority of cases, minor injuries will require just one session to assess, treat and advise and to ensure there is no serious damage. Subsequent sessions may be required to check the injury is healing properly and to check if it is safe for the player to return to the field. More importantly are the consequences of no treatment – this can lead to compensatory movements, further injury of the initial area and new problem areas arising.

Keeping this in mind, players should seek physiotherapy advice for treatment of the following types of injuries:

**Non-contact injuries**

- For example back pain, groin strains, calf/hamstring strains, tibial stress syndrome (shin soreness), knee pain, plantar fasciitis, Achilles sprains, shoulder instabilities etc.
- Such problems arise due to poor posture/alignment and/or muscle imbalance and tend to be recurrent problems that have not been treated and assessed properly.

**Major injuries**

- For example knee ligament ruptures, shoulder dislocations and fractures (broken bones).
- If you sustain an injury, you need to act appropriately depending on the symptoms. If the area swells up in the first 2 hours, this is indicative of internal bleeding within the joint or soft tissue.
- Apply the RICER protocol
- Anti-inflammatories can also help reduce pain and swelling. Check with the Pharmacist if you are unsure whether you can take these safely.
- If you are unable to walk due to pain, you need get to a hospital as soon as possible.
- Dial 999 for an ambulance to pick you up.
- At the hospital, they will assess the injury and give advice regarding splints, crutches, painkillers etc. They will often x-ray the injured part. Unless your injury requires urgent treatment you will usually be advised to seek follow-up physiotherapy treatment with a physiotherapist.

**Nearest hospitals in Happy Valley are:**

**Hong Kong Sanatorium & Hospital**

2 Village Road, Happy Valley  
<http://www.hksh.com/eng/index.html>

**Hong Kong Adventist**

40 Stubbs Road  
<http://www.hkah.org.hk/>

I will be posting regular Focus Bulletins on hockey-related issues - so keep an eye on the website.

See you out on the field!

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