

ECRU SoR

Squad Medical Presentation

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Objectives

- Physiotherapy role
- Common physiotherapy issues
- Treatment
- Medical issues
- Hydration and nutrition



Physiotherapy role

- Availability
- Role - training evenings
- Role - matches
- Protocols
- Welfare / support network



Common complaints!

- Osgood Schlatters
- Sever's 'Disease'

- Ankle sprains
- 'Dead leg' (haematoma)
- Hamstrings sprains
- Groin strains
- Broken bones



Common Issues

- PRICE
 - Pain relief
 - Healing times!
 - Return-to-play rehabilitation
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- Other treatments
 - Electrotherapy
 - Cross training



Concussion

- RFU protocol- IRB Concussion Guidelines 2011
- Signs / symptoms:
 - Physical
 - Behavioural
 - Cognitive



Medical Issues

- Asthma
- Diabetes

- Tetanus information
- Dental issues

- Puberty
- NHS Website:

<http://www.nhs.uk/livewell/sexandyoungpeople/pages/boyspuberty.aspx>



Hydration & Nutrition

- Training camp H&N session
- Basics
- Match day nutrition

