



## SPORTS MEDICINE

### Basic First Aid

The information below was adapted from the ASA/VIP *Softball Safety Manual* and the American Red Cross *First Aid Reference Guide* (1990). It is designed to help you better care for your players; it is not meant as a substitute for a first aid course.

Your job as a volunteer coach is to recognize an injury when it happens, to stabilize the injury as best you can, and to summon medical assistance if necessary. *You need to understand the limitations of your training and knowledge.* If you are not a trained medical professional, then it is your responsibility to call one immediately whenever you have any doubt as to what to do next.

*For those emergencies that require immediate attention by a trained professional, call 9-1-1.*

[Emergency Plan](#)

[Injury Prevention](#)

[Stretches for all players](#)

[Stretches for pitchers](#)

[Preventing Disease\\*](#)

[Heat Injuries](#)

[Ankle Injuries](#)

[Knee Injuries](#)

[Dislocations](#)

[Blisters](#)

[Bleeding\\*](#)

[Nose Bleeds\\*](#)

[Head & Neck Injuries](#)

[Broken Bones](#)

\*Read preventing [Communicable Disease and Blood Precautions](#) below.

### Injury Information

[Ankle Sprain](#)

[Athletes Foot](#)

[Concussion](#)

[Contusion](#)

[Corns & Calluses](#)

[Dehydration](#)

[Exercised induced](#)

[Asthma](#)

[Eye Contusion](#)

[Eye – Foreign Body](#)

[Finger Dislocation](#)

[Finger Fracture](#)

[Head Injury](#)

[Heat Illness](#)

[Humerus Fracture](#)

[Hypothermia](#)

[Little Leaguer Elbow](#)

[Osgood-Schlatter](#)

[Disease](#)

[Overtraining](#)

[Physcal Injuries](#)

[Severs Disease](#)

[SLAP Lesions](#)

[Sports Drinks](#)

[Sprain](#)

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