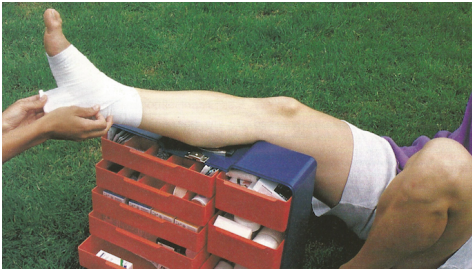


## Sports injuries\_II



**An accident has happened - what to do?**

- Don't lose your head
- Take immediate measures and order
- Inform

### Contents of Sports Injuries\_1.part.pdf

#### Skin Injuries

- abrasions
- Blisters
- Cracks, bruises, and cuts
- Burns
- Cold injuries

#### Muscle injuries

- Muscle strain
- Muscle strain
- Muscle tear
- Muscle stiffness
- Muscle contusion/contusion
- Muscle soreness
- Muscle cramp

#### Bone injuries

- Bruising and periostitis
- Bone fractures
- Back injuries, shovel hold

#### Joint injuries

- Sprain
- Dislocation

#### Tendon injuries

- Tendonitis
- Tennis shoulder

- Tennis elbow/tennis elbow
- Achilodynia
- Tendon rupture

## Index of Sports Injuries\_2.Part.pdf

### Special Injuries

- Sunstroke
- Heat stroke
- Collapse
- Concussion
- Eye injuries
- Nosebleed
- Nasal fracture
- Ringer's ear
- Blue nail
- Testicular contusion
- Tooth injury
- Acute mountain sickness
- Hypoglycemia

## Brochure from ESSM Magglingen Youth+Sport

[Sports injuries\\_1.part](#)

[Sports injuries\\_2.part](#)

### Source reference:

**Content and images:** ESSM Magglingen, Youth+ Sport, LHB brochure [www.ehsm.ch](http://www.ehsm.ch)

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