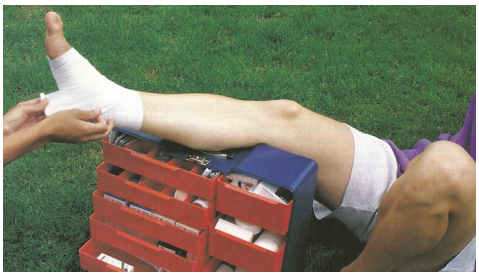
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SUBMITTED BY
Irmgard

ON
2016.04.06

★ ★ ★ ★ ★
Keine Stimmen

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

Author: Dr. R. Biedert

Weitere Informationen

Categories
Camp & Organization

Tags
First aid
Accident
Security
Immediate measures
Prevention

Age
No data available.

Number of participants
No data available.

Bible
This information is missing.

Duration
No data available.

Material
Almost effortless

File download
File download available

KI Generierter Inhalt
Contents
Categories
Tags
Age
Number of participants
Bible
Duration
Material

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