

## General Medical

- Knee injuries - Duck walk for evaluation purposes only
- Wound care - In every attempt try not to touch an open wound with your hands. It is okay for the athlete to touch it. Have them apply the gauze if possible and you can apply the tape or bandage around it.
- Band Aids do not work on sweat!!
- Do not reduce any joints. There are usually blood vessels and nerves that run next to and around joints that can be impinged if the joint is not properly reduced. There could also be a fx involved.
- Before you play, know how to get an ambulance to your facility or know someone who does.
- Try to stay away from heat after injuries. It does feel better, but it also increases swelling. A general warm up should be enough.
- Ice after activity, not before.