

LINCOLN CITY FOOTBALL CLUB CENTRE OF EXCELLENCE

LOWER LIMB MUSCLE AND LIGAMENT INJURIES

These type of injuries are common to most footballers and are caused by either direct or indirect trauma i.e., Twisting of the knee, Inversion of (going over on) the ankle, kick to thigh etc.

Common Signs and Symptoms -

Heat - due to vaso-dilation

Pain - due to tension in the area

Swelling - due to seepage of plasma like fluid

Reduced / inability to continue to function at a normal level

Initial Treatment for Muscle and Ligament Injuries

If you experience an injury and you are unable to see the club physio immediately, you are to carry out the following treatment protocol.

ACUTE STAGE 0 - 72 HOURS POST INJURY

Rest - For 72 hours following injury will prevent aggravation of the damage and relieve symptoms of pain and muscle spasm.

Ice - Applied for 2 main reasons. To relieve pain and spasm and to vasoconstrict blood vessels to reduce bleeding and tissue swelling. **This should be applied for 15 minutes every 2 hours** and an ice pack made from crushed ice wrapped in a moist towel or alternatively ice cubes and cold water in a plastic bag can be used. The ice pack should never be placed directly onto the skin as it may cause an 'ice burn'.

Compression - a crepe bandage may be used to offer counter pressure and help prevent excess swelling

Elevation - The injured limb should be kept in a raised position. The limb should be higher than the horizontal.

ENSURE THAT YOU SEE THE PHYSIO BEFORE THE END OF THE ACUTE STAGE (within 3 days of the injury occurring)

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IMPORTANCE OF FLUID INTAKE

Drinking fluids is just as important as training, if you don't take enough fluid on board sufficiently you may become dehydrated which will cause fatigue and will result in your overall performance being below standard.

Drink water 1 st thing in the morning	This will flush waste products out of the kidneys
Drink water before eating	Helps the flow of digestive juices
Drink fluid before - during- after exercise	Drink little and often, too much too quickly can lead to stomach upset /cramps

Avoid Caffeine drinks such as coke, red bull etc
Caffeine causes dehydration

DEHYDRATION MAKES YOUR MUSCLES WEAK
DRINK WATER, SQUASH and DILUTED FRUIT JUICE

Sports drinks are a good source of fluid as they help to replace energy and reduce fatigue

During the day your URINE should be PALE in colour, you should need to go between 3 and 4 times a day!



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HEALTHY EATING

All footballers are required to be as healthy as possible in order to meet the required standards of fitness to be able to perform at the highest level, this requires a healthy diet which includes plenty of FRUIT and VEGETABLES on a daily bases.

**DO YOU HAVE ENOUGH COLOURS ON YOUR PLATE?
FIVE A DAY?**

WHITE	GREEN	ORANGE	RED	YELLOW	BLACK BLUE PURPLE
Bananas Apples Pear Garlic Onion Radish Leeks Mushrooms Parsnips Turnips Cauliflower	Kiwi Grapes Lime Apples Lettuce Herbs Cucumber Celery Peas Beans Broccoli Spinach	Oranges Peach Nectarine Mango Peppers Carrot Swede	Raspberries Strawberries Cherries Peppers Tomato Kidney Beans	Pineapple Grapefruit Lemon Melon Peppers Sweet corn	Grapes Blackberries Dates Plums Prunes Beetroot

AVOID FATTY SNACKS / MEALS SUCH AS BURGERS, CHIPS

Eat 3 Good Meals A day

A Good Diet = Good Energy Levels

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HEALTHY EATING AND
TREATMENT OF INJURY
GUIDANCE