

Soccer Related Injuries

Type	Description of Injury	Cause of Injury	Common Site of Injury	Treatment	Prevention
<i>Abrasion</i>	A scraping injury to the skin	Sliding contact with rough surface	Outer hip, thigh, lower leg	Thorough cleaning; leave open after scabbing	proper playing surface; proper technique, sliding pants
<i>Blister</i>	Friction against the skin causing a separation between layers	Ill fitting shoes; improper taping	Back of heel; bottom of foot	Clean and dress	Proper shoe fit; wear 2 pairs of socks
<i>Contusion</i>	Bruising of skin and underlying tissue	Direct blow, usually from kicking, tripping or collision	All areas of lower and upper leg; hip and head	Ice compression and elevation	Wear protective shinguards
<i>Laceration</i>	Separation of skin, cut	Kicking or striking by player	Leg, face, skull	Stop bleeding by compression, clean, dress. See Dr. according to severity	Wear protective shinguards
<i>Hematoma</i>	Pooling of blood in a restricted area; deep bruising into the muscle area	Direct traumatic blow, kicking, kneeing or collision	All leg areas, especially thigh	Ice compression and elevation	Avoid dangerous situations
<i>Strain</i>	Tearing of a muscle or tendon	Excessive force in stretching; overuse or overstress	Groin, hamstring, quads	Immobilize, ice, compression and elevation	Proper warm up with gradual stretching; performing skills properly
<i>Bursitis</i>	Inflammation of the bursa sac	A direct blow such as by kicking or falling	Knee, heel, or elbow	Ice; see Dr. according to severity	Proper fitting shoe; avoid dangerous situations
<i>Sprain</i>	Tearing of ligament	Stretching the ligament beyond its normal range	Ankle, knee	Immobilize, ice, compression and elevation; see Dr.	Strengthening of muscles surrounding joint
<i>Fracture</i>	A break in a bone	Undue force exerted upon the bone	leg, foot, skull, arm	Immobilize, ice and see Dr.	Wear shinguards; avoid dangerous situations
<i>Shin Splints</i>	Pain in the lower leg	Running on hard surfaces; new activities; overuse	Lower leg	Stretching, taping	Proper preseason conditioning program
<i>Concussion</i>	The shaking of the brain usually causing a short period of unconsciousness	A direct, traumatic blow to the head; or indirect jarring caused by falling	Head	See Dr. immediately	Avoid dangerous situations
<i>Exhaustion</i>	Weak, faint, skin moist, clammy, pale; pulse rapid & weak; nausea, cramping	Heavy muscular exertion in hot temperatures with dehydration		Stop; drink water, move to cooler area	Drink plenty of water; gradually acclimate to hot weather
<i>Stroke</i>	Extremely high body temperature; hot, dry flush skin; dizzy	Failure to maintain the body at a particular temperature		Remove clothes; move to cooler area; cool body temperature; drink water	Drink plenty of water; gradually acclimate to hot weather
<i>Cramping</i>	A spasmodic contraction of a muscle	Dehydration, inadequate circulation; blow to muscle; sudden change in temperature	Calf, hamstring	Stop, relax, gradually stretch affected muscle	Proper conditioning, adequate water