

# Bone, muscle and joint injuries worksheet



1. List three ways you might incur a bone, muscle or joint injury while playing football.

a. ....

b. ....

c. ....

2. List three ways in which you could lower the risk of injury before playing and/or while playing football.

a. ....

b. ....

c. ....

3. Describe how the treatment of a fractured bone may be different to the treatment of a strain or sprain.

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4. List three features of a broken bone.

a. ....

b. ....

c. ....

5. List three features of a sprain or strain.

a. ....

b. ....

c. ....



Complete the words below to show the stages of the primary survey. Under each title, explain why that stage is important and what you would need to consider in specific regard to football.

D .....

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R .....

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A .....

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B .....

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C .....

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## Case studies specific to football injuries

St John  
Ambulance



1. Luke and Dan are having a kick around in their local park. The ground is quite slippery as it has been raining and as Dan goes to kick the ball he slips and falls to the ground clutching his calf. What should Luke do?
  - a. Call 999
  - b. Ask Dan to try and walk on it so they can get him home
  - c. Make sure the calf is supported by using his football shirt and then call 999
  - d. Give Dan a piggy back home.
2. There is a team of young people playing football on their school playing field. When Clara shoots for goal she slips and hits her head hard on the goal post knocking herself out. Jude goes to help; what should he do?
  - a. Splash Clara's face with cold water to try and revive her
  - b. Call 999
  - c. Raise Clara's legs and ensure she is warm
  - d. Jude should not do anything but monitor her condition
  - e. Keep her neck still.
3. Asad has been training hard with his local team all afternoon. He only ate a small breakfast and had no lunch. He is in the dressing room talking to John afterwards, when he begins to feel light-headed, and then collapses on the floor. He has a pulse. What should John do to help?
  - a. Call 999
  - b. Raise his legs and call for help
  - c. Slap him on the cheeks to see if he comes round
  - d. Put a blanket over him and monitor his condition.
4. A group of friends are playing football in the local sports centre. Emilie goes to tackle Nik but accidentally catches his ankle. He falls to the floor and says he can't move his ankle. What should Emilie do?
  - a. Ask Nik to move to the sidelines so they can treat him in a safe place
  - b. Support the ankle with a piece of clothing and apply something cold to it
  - c. Bandage the ankle up and ask if Nik can be stretchered off
  - d. Call 999.



**Football first aid**

*	Asthma
	Bites and stings
*	Bleeding (minor)
	Bleeding and shock
*	Bone, muscle and joint injuries
	Burns and scalds
*	Chest pains
	Choking
	Communication and casualty care
*	Coping in an emergency
	Electric shock
	Fainting
*	First aid kit
	Foreign objectives
*	Head injuries
*	Heat exhaustion
*	Hypothermia
*	Low blood sugar
	Poisons
*	Primary survey
*	Recovery position
*	Resuscitation (adult)
*	Seizures
	Severe allergic reaction
	Spinal injury

# Bone, muscle and joint injuries worksheet



1. List three ways you might incur a bone, muscle or joint injury while playing football.

a. A heavy tackle resulting in injury

b. A collision with another player

c. An awkward fall.

2. List three ways in which you could lower the risk of injury before playing and/or while playing football.

a. A complete warm up or warm down prior to and after playing football

b. Ensuring that you are wearing the correct boots

c. Always wearing shin pads.

3. Describe how the treatment of a fractured bone may be different to the treatment of a strain or sprain.

Keep the region steady and supported with padding;

If appropriate, support an upper limb in a sling;

Prevent movement; Treat any wound and treat the casualty for shock

Arrange for transport to hospital.

4. List three features of a broken bone.

a. Pain

b. Deformity

c. Swelling.

5. List three features of a sprain or strain.

a. Pain

b. Tenderness

c. Swelling.



## Primary survey

Complete the words below to show the stages of the primary survey. Under each title, explain why that stage is important and what you would need to consider in specific regard to football.

**D** Danger

Checking for danger is important so that you will not get hurt when approaching a casualty.

**R** Response

Checking for a response is important so that you know whether a casualty is conscious or unconscious.

**A** Airway

Opening the airway is important as it allows the casualty to breathe if they are able to and allows you to check whether the casualty is actually breathing.

**B** Breathing

Checking for breathing is important because if the casualty is not breathing you will need to call for help and start cardiopulmonary resuscitation (CPR) immediately.

**C** Circulation

Checking for circulation is important to see whether the patient needs to be treated for life-threatening conditions such as severe bleeding.

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  - d. Call 999.