



Dear players and parents,

I hope this newsletter finds you all well. I just wanted to take this opportunity to reintroduce my role as the physiotherapy intern for the F.O.R.M Basketball Academy. Over the past few months, I have had the pleasure of working alongside our Head of Sports Science, Dr. Duriell Bernard, for providing injury management and prevention for our players to maximize athletic performance. As a current student in the Masters of Physical Therapy program at UBC, I believe an important aspect of my role is to share my knowledge and provide health education to you! The Division of Sports Science brings to you the F.O.R.M Basketball Sports Science Newsletter, where I will be writing on different topics about injury prevention every month.

For this month, I wanted to answer a question that I have been asked from a couple of our players. “What should I do after I sprain my ankle??” The **POLICE protocol** is typically followed to manage most acute soft tissue injuries (ligament sprains, muscle strains, etc...).

P: Protect emphasizes the importance of avoiding further tissue injury by giving the appropriate amount of rest for the tissue to heal, while actively performing daily tasks (ie. using crutches to protect an injured ankle). However, this does not mean that the tissue should be immobilized for the long-term.

OL: Optimal Loading means the load applied to bone, tendon, ligament, or muscle can help stimulate the healing process. At a cellular level, optimal loading can influence the structure and function of the surrounding tissue. An example of this would be to contract your calf muscles to help move the swelling up to the body and away from the ankle. Of course, there are some cases where loading may not be appropriate (ie. severe fractures that require surgery).

I: Ice is used immediately after an acute injury to reduce pain and to prevent cell death of surrounding tissues. Ice should be applied for bouts of 5-10 minutes as tolerated by you. I would suggest wrapping the ice in a damp towel or cloth as some people are hypersensitive to cold application.

C: Compression helps to prevent more swelling by reducing bleeding or fluid build-up in the tissue. A tensor elastic bandage can be used to provide a comfortable compression force. Don't wrap it too tight or else you may experience pain or even constrict the surrounding blood vessels. You should wrap the bandage starting below the injury and move it towards the body to help push the swelling towards the heart.





E: Elevation will help prevent swelling by allowing gravity to assist venous return, which helps with waste removal from the site of injury. As a rule of thumb, you want to elevate the site of injury above the level of the heart.

As injuries happen to the best of us, I hope you found this information practical and useful. If you have any questions or topics you want me to cover in the next newsletter give me a shout. It has been a pleasure working with all of you as you develop as basketball players and young men. Wishing you all the best of health and a great Remembrance Day long weekend!

Cheers,

Wyatt Lew, BKin, MPT Candidate 2019
Physiotherapist Intern
Division of Sports Science

