



**30 JULY 2007**

**Sports injuries: the easiest way to put an end to your season**

With thousands of people playing sport around the State every day, it is important for sports men and women to look after their biggest asset - their body.

Sports injuries take only a fraction of a second to occur, but can impact your entire season and possibly your sporting career.

Ambulance Officers are called to hundreds of sporting injuries at ovals and arenas around the State on a regular basis. It is often the case that these injuries could be avoided.

When it comes to sports injuries, prevention is better than cure. If you are currently participating in your chosen sport, attending training each week is the best way to keep your body prepared, together with pre-match stretches and warm-up exercises each time you play.

If the season of your sport is approaching, you should start getting into shape now! Under the guidance of fitness professionals and/or your coach, you can start doing various exercises and stretching to improve your readiness for the season.

If you or a team mate does suffer a serious sporting injury do not delay. If the injury involves:

- neck or back pains,
  - a head injury, particularly with a loss of consciousness, or
  - an injury to any other part of the body with severe pain.
- call '000' immediately and ask for Ambulance. Ambulances carry splints and other equipment which can help reduce the severity of the injury.

Importantly,

- learn first aid and always carry a first aid kit to training and matches
- warm up prior to playing with stretches and exercises
- 'warm down' after your match



## **Ambulance Service of New South Wales**

# **media release**

- keep yourself in good health by eating well and exercising frequently in the off season
- if you are injured, be sure to attend all follow-up appointments with doctors, physiotherapists, etc.

Ambulance wishes all sports people a happy and healthy season of their chosen sport.

**~ENDS~**

For further information or local media opportunities please contact the Ambulance Media Unit on (02) 9320 7796.