I’ve Suffered a New Injury!!
Now What?

New injuries (otherwise known as acute) can be painful! They’re often characterized by a specific incident, followed by pain of some kind, swelling to some degree, and tenderness to touch. In some cases, it will be difficult to move the body part.

What should I do?

If you’re on campus during a school day, practice, or game, see Aaron Gill, ATC in the Athletic Training Clinic. The Athletic Training Clinic is located in the Wellness Center, on the field level of the Science and Innovation Center. It’s important to have your injury evaluated by a healthcare provider, so that a plan specific to your injury and the resulting issues can be addressed accordingly!

What can I do on my own in the first 3 days after injury?

For new injuries, ice is an effective way to reduce pain and limit swelling. Apply ice for 15-20 minutes at a time.

It’s been 3 days, should my treatment change?

Yes! Ice should still be used if your pain persists. However, ice should really be used only when pain comes back now (for example, you’ve sprained your ankle and were walking around the mall, and your ankle is achy/fatigued/mildly more swollen now).

You can also move the injured area in a controlled manner to help increase movement! Make sure what you are doing is approved by Aaron!

Can I exercise while injured?

Yes! Aerobic exercise on a machine like the stationary bike, elliptical, or StairMaster is a good way to get some exercise using a controlled motion. Often, these machines can be used whether the injury is to the upper body or lower body. Unsure which machine you should use? Talk to Aaron!

How do I know when I can return to my normal activities?

Return to activity should be guided by a healthcare provider: MA Athletic Trainer Aaron Gill can help with this guidance! Make sure to check in with him on a regular basis, especially as you begin to feel better!

These recommendations are to be used as general information! Is your discomfort new? Did you suffer an injury, but not sure what happened?

Talk to MA Athletic Trainer Aaron Gill, ATC, for an injury evaluation and development of a treatment plan!