

Injury Management: A Key Component of Prescription Opioid Misuse Prevention



NOTE: Painkillers are generally not prescribed for injuries that involve concussions, so those injuries are not addressed here. For more information on preventing and treating concussions, please see the **Massachusetts Executive Office of Health and Human Services website:** mass.gov/sportsconcussion

If a student athlete is injured:

- ✓ Use ice to reduce soreness and inflammation. If symptoms continue, contact a physician, especially if the athlete has trouble with full joint movement.
- ✓ Check with a health care provider to see if over-the-counter nonsteroidal anti-inflammatory medications are needed. As with all medications, always follow the directions on the label and any instructions from a health care provider.
- ✓ Opioids for pain should be considered only if recommended by a physician and only when other approaches have not provided relief.
- ✓ Fractures, sprains, and broken bones need plenty of rest to heal properly. The athlete should see an orthopedic specialist, who can evaluate and manage the healing process.
- ✓ The athlete's parents or guardians and coach should discuss together how the injury will impact the student's ability to play. If an injury will sideline the athlete, the parents or guardians and coach should consider creating a return-to-play plan together.



For more information on preventing sports injuries in youth:

The Massachusetts Interscholastic Athletic Association provides safety, wellness, and prevention resources and information for student athletes, teacher-coaches, athletic directors, and school personnel: www.miaa.net

The Micheli Center for Sports Injury Prevention offers sport-specific injury prevention information: www.themichelicenter.com

The Division of Injury Prevention, Massachusetts Department of Public Health (MDPH) offers resources on reducing injuries among youth at school, at home and in the community: mass.gov/dph/injury

MDPH Sports Concussion Prevention and Management Program provides information on a number of important topics, including regulations, training, required forms for schools and clinicians, and model policies for schools: mass.gov/sportsconcussion

CDC Child Injury Prevention offers many resources on injury prevention: www.cdc.gov/safekid/nap

Boston Children's Hospital, Sports Medicine Division provides comprehensive multidisciplinary care to athletes of all ages and abilities, from professional athletes to eager novices: www.childrenshospital.org/centers-and-services/centers/orthopedic-center

Sports Medicine Center, Mass General Hospital provides interdisciplinary care for athletes: www.massgeneral.org/orthopaedics/sports-medicine
