



OFFICE OF THE DEAN

# Sri Lakshmi Narayana Institute of Medical Sciences

OSUDU, AGARAM VILLAGE, VILLIANUR COMMUNE, KUDAPAKKAM POST,  
PUDUCHERRY - 605 502.

[ Recognised by Medical Council of India, Ministry of Health letter No. U/12012/249/2005-ME ( P -II ) dt. 11/07/2011 ]

[ Affiliated to Bharath University, Chennai - TN ]

Date 29.08.2018

From  
DR. Vijayaragavan  
Associate Professor and Head,  
Department of orthopaedics,  
SLIMS,  
Bharath Institute of Higher Education and Research,  
Pondicherry.

To  
The Dean,  
SLIMS,  
Bharath Institute of Higher Education and Research,  
Pondicherry.

**Sub: Permission to conduct value-added course: Sports injury management.**

Respected Sir,

With reference to the subject mentioned above, the department proposes to conduct a value-added course titled: Sports injury management on 17.09.2018. We solicit your kind permission for the same.

Kind Regards

DR. Vijayaragavan

Dr. R. VIJAYA RAGAVAN, DNB,  
Reg. No 68472  
Asso Professor Orthopaedics  
Sri Lakshmi Narayana Institute of Medical Sciences  
Osudu, Kudapakkam, Puducherry-605 502

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## FOR THE USE OF DEANS OFFICE

Names of Committee members for evaluating the course:

The Dean: DR. JAYALASKHMI

The HOD : DR. VIJAYARAGAVAN

The Expert: Dr. Boblee James



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The committee has discussed about the course and is approved.

Dean

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Sri Lakshmi Narayana Institute of Medical Sciences  
Osudu, Ageram Kudapakkam, Post,  
Villanur Commune Puducherry-605 502.

Subject Expert

Department of Orthopaedics  
Sri Lakshmi Narayana Institute of Medical Sciences  
Pondicherry - 605 502.

HOD

Dr. R. VIJAYA RAGAVAN, DNB.,  
Reg. No 68472  
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## Circular

07.06.2020

**Sub: Organising Value-added Course: SPORTS INJURY MANAGEMENT**

With reference to the above mentioned subject, it is to bring to your notice that Sri Lakshmi Narayana Institute of Medical Sciences, **Bharath Institute of Higher Education and Research** is organizing **SPORTS INJURY MANAGEMENT.30HRS& SEP18-NOV18**.

The application must reach the institution along with all the necessary documents as mentioned. The hard copy of the application should be sent to the institution by registered/ speed post only so as to reach on or before SEP18-NOV18. Applications received after the mentioned date shall not be entertained under any circumstances.

**Dean**

DEAN  
Sri Lakshmi Narayana Institute of Medical Sciences  
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### **Course Proposal**

**Course Title: Sports injury management**

**Course Objective: To assess various sports injuries**

**Course Outcome: evaluation and management**

**Course Audience: 16**

**Course Coordinator: DR. Jayalakshmi.**

**Course Faculties with Qualification and Designation:**

**1. DR. Vijayaragavan DNB ORTHO**

**Course Curriculum/Topics with schedule (Min of 30 hours)**

SINo	Date	Topic	Time	Hours
1	17/9/18	TYPES OF SPORTS INJURIES	4-5pm	1hr
2	21/9/18	SPORTS INJURY TREATMENT	4-5pm	1hr
3	25/9/18	SPORTS INJURY PREVENTION	4-5pm	1hr
4	28/9/18	USE PROPER TECHNIQUE	4-5pm	1hr
5	4/10/18	PROPER EQUIPMENT	4-5pm	1hr
6	8/10/18	SPORTS INJURY STATISTICS	4-5pm	1hr
7	12/10/18	RISKS	4-5pm	1hr
8	18/10/18	LACK OF CARE	4-6pm	2hrs
9	22/10/18	DIAGNOSIS	4-5pm	1hr
		PRACTICAL:		
1	26/10/18	PRACTICAL SESSION	3-8	5
2	31/10/18	PRACTICAL SESSION	3-8	5
3	5/11/18	PRACTICAL SESSION	3-8	5
4	9/11/18	PRACTICAL SESSION	3-8	5
			Total Hours	30



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**REFERENCE BOOKS:**

1)SPORTS INJURIES

**CHRISTOPHER.M.NORRIS**

2)ANATOMY OF SPORTS INJURIES

**RAJESH TRIPATHI**



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### **VALUE ADDED COURSE**

**1. Name of the programme & Code**

Sports injury management – OR09

**2. Duration & Period**

30 hrs & SEPTEMBER 2018– NOVEMBER 2018

**3. Information Brochure and Course Content of Value Added Courses**

*Enclosed as Annexure- I*

**4. List of students enrolled**

*Enclosed as Annexure- II*

**5. Assessment procedures:**

Short notes- *Enclosed as Annexure- III*

**6. Certificate model**

*Enclosed as Annexure- IV*

**7. No. of times offered during the same year:**

1 SEP 2018– NOV 2018

**8. Year of discontinuation: 2019**



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Value Added Course- September 2018 -NOV 2018					
Sl. No	Course Code	Course Name	Resource Persons	Target Students	Strength & Year
1	OR09	Sports injury management	Dr. Vijayaragavan	THIRD YEAR MBBS	16 (SEP 18 – NOV 2018)

### 9. Summary report of each program year-wise

### 10. Course Feed Back *Enclosed as Annexure- V*

RESOURCE PERSON  
Dr.VIJAYARAGAVAN

COORDINATOR  
DR.JAYALAKSHMI

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## SPORTS INJURY MANAGEMENT

17/09/2018



PARTICIPANT HAND BOOK



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## Sri Lakshmi Narayana Institute of Medical Sciences

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Particulars	Description
Course Title	Sports injury & its management
Course Code	OR09
Objective	<ol style="list-style-type: none"><li>1. Types of sports injuries</li><li>2. Sports injury treatment</li><li>3. Sports injury prevention</li><li>4. Use proper technique</li><li>5. Proper equipment</li><li>6. Sports injury statistics</li><li>7. Risks</li><li>8. Lack of care</li><li>9. Diagnosis</li></ol>
Further learning opportunities	Sports injuries & prevention
Key Competencies	On successful completion of the course the students will have knowledge on sports injuries
Target Student	Pre final years Students
Duration	30hrs SEP-NOV 2018
Theory Session	10hrs
Practical Session	20hrs
Assessment Procedure	Short notes



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Sports injuries occur during exercise or while participating in a sport. Children are particularly at risk for these types of injuries, but adults can get them, too.

You're at risk for sports injuries if you:

- haven't been regularly active
- don't warm up properly before exercise
- play contact sports

Read on to learn more about sports injuries, your treatment options, and tips for preventing them in the first place.

### Types of sports injuries

Different sports injuries produce different symptoms and complications. The most common types of sports injuries include:

- **Sprains.** Overstretching or tearing the ligaments results in a [sprain](#). Ligaments are pieces of tissue that connect two bones to one another in a joint.
- 
- **Strains.** Overstretching or tearing muscles or tendons results in a [sprain](#). Tendons are thick, fibrous cords of tissue that connect bone to muscle. Strains are commonly mistaken for sprains. [Here's how tell them apart.](#)
- 
- **Knee injuries.** Any injury that interferes with how the knee joint moves could be a sports injury. It could range from an overstretch to a tear in the muscles or tissues in the knee.
-



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- **Swollen muscles.** Swelling is a natural reaction to an injury. Swollen muscles may also be painful and weak.
- 
- **Achilles tendon rupture.** The Achilles tendon is a thin, powerful tendon at the back of your ankle. During sports, this tendon can break or rupture. When it does, you may experience sudden, severe pain and difficulty walking.
- 
- **Fractures.** Bone fractures are also known as broken bones.
- 
- **Dislocations.** Sports injuries may dislocate a bone in your body. When that happens, a bone is forced out of its socket. This can be painful and lead to swelling and weakness.
- 
- **Rotator cuff injury.** Four pieces of muscle work together to form the rotator cuff. The rotator cuff keeps your shoulder moving in all directions. A tear in any of these muscles can weaken the rotator cuff.
- 

### Sports injuries treatment

The RICE method is a common treatment regimen for sports injuries. It stands for:

- rest
- ice
- compression
- elevation

This treatment method is helpful for mild sports injuries. For best results, follow the RICE method within the first 24 to 36 hours after the injury. It can help reduce swelling and prevent additional pain and bruising in the early days after a sports injury. [Here's how to follow RICE, plus a recovery timeline.](#)

Both over-the-counter and prescription medications are available to treat sports injuries. Most of them provide relief from pain and swelling.



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If your sports injury looks or feels severe, make an appointment to see your doctor. Seek emergency care if the injured joint shows signs of:

- severe swelling and pain
- visible lumps, bumps, or other deformities
- popping or crunching sounds when you use the joint
- weakness or inability to put weight on the joint
- instability

Also seek emergency attention if you experience any of the following after an injury:

- difficulty breathing
- dizziness
- fever

Serious sports injuries can require surgery and physical therapy. If the injury doesn't heal within two weeks, contact your doctor for an appointment.

### Sports injuries prevention

The best way to prevent a sports injury is to warm up properly and stretch. Cold muscles are prone to overstretching and tears. Warm muscles are more flexible. They can absorb quick movements, bends, and jerks, making injury less likely.

Also take these steps to avoid sports injuries:

### Use the proper technique



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Learn the proper way to move during your sport or activity. Different types of exercise require different stances and postures. For example, in some sports, bending your knees at the right time can help avoid an injury to your spine or hips.

### **Have the proper equipment**

Wear the right shoes. Make sure you have the proper athletic protection. Ill-fitting shoes or gear can increase your risk for injury.

### **Don't overdo it**

If you do get hurt, make sure you're healed before you start the activity again. Don't try to "work through" the pain.

When you return after letting your body recover, you may need to ease yourself back into the exercise or sport rather than jumping back in at the same intensity.

### **Cool down**

Remember to cool down after your activity. Usually, this involves doing the same stretching and exercises involved in a warmup.

### **Resume activity slowly**

Don't be tempted to nurse your injury for too long. Excessive rest may delay healing. After the initial 48-hour period of RICE, you can start using [heat to help relax](#) tight muscles. Take things slowly, and ease back in to exercise or your sport of choice.

### **Sports injuries statistics**

Sports injuries are common in younger adults and children. More than [3.5 million children and teens](#) are injured as part of an organized sports or physical activity each year, estimates Stanford Children's Health. [One-third](#) of all injuries in children are related to sports, too.

The most common sports injuries in children are sprains and strains. Contact sports, like football and basketball, account for more injuries than noncontact sports, like swimming and running.



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A [2016 study](#) [Trusted Source](#) found that 8.6 million people, ages 5 to 24, have a sports injury every year in the United States. Researchers note males ages 5 to 24 make up more than half of all sports injury episodes.

The lower body is most likely to be injured (42 percent). The upper extremities make up 30.3 percent of injuries. Head and neck injuries combine for 16.4 percent of sports injuries.

Deaths from sports injuries are rare. When they do happen, they're most likely the result of [head injury](#).

### **Risks**

Anyone may find themselves coping with a sports injury, regardless of the last time they suited up for the baseball diamond or squared off with a linebacker on the gridiron. But some factors put you or a loved one at an increased risk for injury.

### **Childhood**

Because of their active nature, children are especially at risk for sports injuries. Children often don't know their physical limits. That means they may push themselves to injury more easily than adults or teenagers.

### **Age**

The older you grow, the more likely you are to experience an injury. Age also increases the odds that you have sports injuries that linger. New injuries may aggravate these previous injuries.

### **Lack of care**

Sometimes, serious injuries start off as small ones. Many injuries that result from overuse, such as tendonitis and stress fractures, can be recognized early by a doctor. If they're left untreated or ignored, they can develop into a serious injury.

### **Being overweight**



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Carrying around extra weight can put unnecessary stress on your joints, including your hips, knees, and ankles. The pressure is magnified with exercise or sports. This increases your risk for sports injury.

Children or adults who plan to begin participating in sports can benefit by having a physical examination by a doctor first.

### Diagnosis

Many sports injuries cause immediate pain or discomfort. Others, like overuse injuries, might be noticed only after long-term damage. These injuries are often diagnosed during routine physical examinations or checkups. If you think you have a sports injury, your doctor will likely use the following steps to get a diagnosis. These include:

- **Physical examination.** Your doctor may attempt to move the injured joint or body part. This helps them see how the area is moving, or how it's not moving if that's the case.
- **Medical history.** This involves asking you questions about how you were injured, what you were doing, what you've done since the injury, and more. If this is your first time visiting this doctor, they may also ask for a more thorough medical history.
- **Imaging tests.** X-rays, MRIs, CT scans, and ultrasounds can all help your doctor and healthcare providers see inside your body. This helps them confirm a sports injury diagnosis.

If your doctor suspects you have a sprain or strain, they may recommend you follow the RICE method. Follow these recommendations and keep an eye on your symptoms. If they get worse, that can mean you have a more serious sports injury.

### Call your doctor

Call your doctor if there are signs of swelling or if it hurts to place weight on the affected area. If the problem is in the location of a previous injury, seek medical attention right away.

Contact a healthcare provider if you don't see any improvement after 24 to 36 hours of RICE.

Because a child's skeleton isn't fully developed, the bones are weaker than an adult's. Take extra precautions with a child's sports injuries. What looks like a tissue injury may in fact be a more serious fracture.





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Don't ignore your symptoms. Remember, the earlier you get a diagnosis and treatment, the sooner you'll recover and get back in the game.



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## VALUE ADDED COURSE

### SPORTS INJURY MANAGEMENT

OR09

#### 4. List of Students Enrolled SEP 2018- NOV 2018

Pre final Year MBBS Student			
Sl. No	Name of the Student	Roll No	sign
1	BHASKARAN .K.C	U16MB275	<i>K.C</i>
2	BHAVANI . K.M	U16MB276	<i>Bhavani</i>
3	BLESSY AMALA RISHA .J	U16MB277	<i>Blessy</i>
4	CAREENA DANIEL	U16MB278	<i>Careena Daniel</i>
5	CHANDRA PRAKASH.M	U16MB279	<i>Chandra</i>
6	CHINJU S.R	U16MB280	<i>Chinju</i>
7	DASARI VENKATA SAI MOUNISH	U16MB281	<i>Mounish</i>
8	DEBARPITA NATH	U16MB282	<i>Nath</i>
9	DEEBAK .I	U16MB283	<i>Deepak</i>
10	DEEKSHITH D.R	U16MB284	<i>D.R</i>
11	DEEPIKAA D.V	U16MB285	<i>Deepika</i>
12	DELFI MARY .E	U16MB286	<i>Mary</i>
13	DEVIKA.U.M	U16MB287	<i>Devika</i>
14	DHAKSHANA .M	U16MB288	<i>Dhakshana</i>
15	EDA SAI VENKATA TEJA	U16MB289	<i>Teja</i>
16	GAURAV KUMAR	U16MB290	<i>Kumar</i>

RESOURCE PERSON  
Dr.VIJAYARAGAVAN

COORDINATOR  
DR.JAYALAKSHMI

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## Course/Training Feedback Form

Course: SPORTS INJURY MANAGEMENT  
Date: 9/11/18  
Name: DELFI MARY.E  
Reg NO.  
Department: ortho

Q 1: Please rate your overall satisfaction with the format of the course:

a. Excellent    b. Very Good    c. Satisfactory    d. unsatisfactory

Q 2: Please rate course notes:

a. Excellent    b. Very Good    c. Satisfactory    d. unsatisfactory

Q 3: The lecture sequence was well planned

a. Excellent     b. Very Good    c. Satisfactory    d. unsatisfactory

Q 4: The lectures were clear and easy to understand

a. Excellent    b. Very Good    c. Satisfactory    d. unsatisfactory

Q 5: Please rate the quality of pre-course administration and information:

a. Excellent     b. Very Good    c. Satisfactory    d. unsatisfactory

Q 6: Any other suggestions:

Comments:

Thank you for taking the time to complete this survey, your comments are much appreciated.

OPTIONAL Section: Name \_\_\_\_\_ Date \_\_\_\_\_  
Signature \_\_\_\_\_



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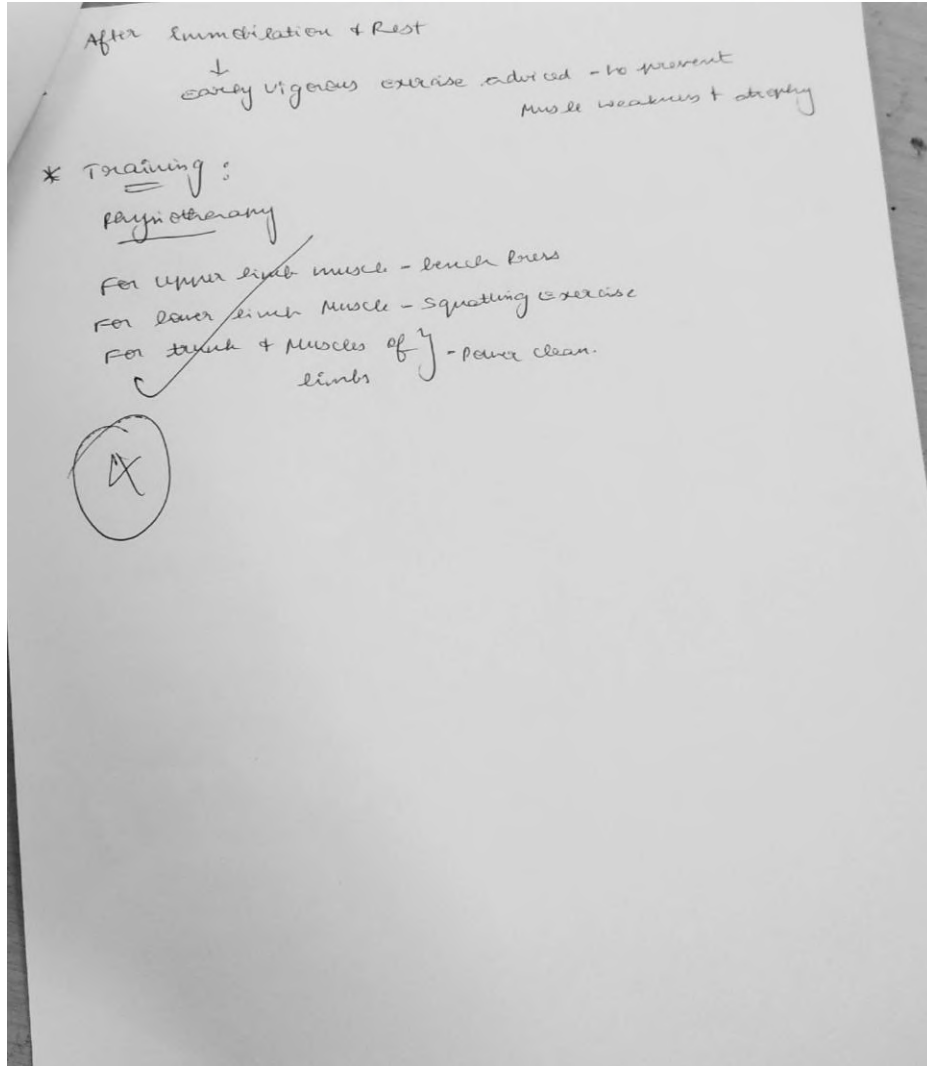
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Types :  
WILLIAMS' CLASSIFICATION :

Sports Injuries

- Consequential
  - Primary
    - Extrinsic
    - Intrinsic
      - Acute
      - Chronic
  - Secondary
    - Short term
    - Long term
- Non-consequential

④ MANAGEMENT OF SPORTS INJURY :

Investigations :

- ① Plain X-Ray
- ② CT Scan
- ③ Bone Scan
- ④ MRI
- ⑤ Arthroscopy
- ⑥ Stress X-rays

Treatment :

General principle :

\* concept of RICE MM

- R - Rest to injured limb
- I - Ice therapy
- C - Compression bandaging
- E - Elevation of injured part
- M - Medications like painkillers
- M - Modalities like heat, Straps, Supports



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Ko ABILASHA  
U16MB252.

ORTHOPAEDICS

① ARTHRITIS :

DEFINITION :

\* Arthritis is defined as Inflammation of Joint.  
\* It is characterised by Pain, swelling & limitation of joint movements.

TYPES OF ARTHRITIS :

Arthritis

① Pyogenic arthritis  
② Tubercular arthritis  
③ Haemophilic arthritis  
④ Secondary osteoarthritis  
⑤ Gout.

Polyarthritides

① Rheumatoid arthritis  
② Rheumatic fever  
③ Juvenile chronic Polyarthritides  
④ Psoriatic osteoarthritis  
⑤ Seronegative Spondylarthritis

② SIGNS & SYMPTOMS OF ARTHRITIS :

Symptoms :

- ① Pain
- ② limitation of movement / loss of function
- ③ Swelling
- ④ deformity

Signs :

- ① Tenderness
- ② Swelling
- ③ Stiffness

③ TYPES OF SPORTS INJURIES :

\* Sports Injuries are those which occur in athletic activities while exercising

14  
—  
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# Sri Lakshmi Narayana Institute of Medical Sciences

OSUDU, AGARAM VILLAGE, VILLIANUR COMMUNE, KUDAPAKKAM POST,  
PUDUCHERRY - 605 502.

[ Recognised by Medical Council of India, Ministry of Health letter No. U/12012/249/2005-ME ( P -II ) dt. 11/07/2011 ]  
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## Sri Lakshmi Narayana Institute of Medical Sciences

Affiliated to Bharath Institute of Higher Education & Research  
(Deemed to be University under section 3 of the UGC Act 1956)



### CERTIFICATE OF MERIT

This is to certify that \_DELFI MARY.E\_ has actively participated in the Value Added Course on *Sports injury management* held during SEP 2018 – NOV 2018 Organized by Sri Lakshmi Narayana Institute of Medical Sciences, Pondicherry- 605 502, India.

Dr. VIJAYARAGAVAN  
RESOURCE PERSON

Dr. Jayalakshmi  
COORDINATOR





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## Student Feedback Form

Course Name: SPORTS INJURY MANAGEMENT

Subject Code: OR09

Name of Student: Bhavani k.M

Roll No.: U16MB276

We are constantly looking to improve our classes and deliver the best training to you. Your evaluations, comments and suggestions will help us to improve our performance

Sl. NO	Particulars	1	2	3	4	5
1	Objective of the course is clear					/
2	Course contents met with your expectations					/
3	Lecturer sequence was well planned					/
4	Lectures were clear and easy to understand					/
5	Teaching aids were effective					/
6	Instructors encourage interaction and were helpful					/
7	The level of the course					/
8	Overall rating of the course	1	2	3	4	5

\* Rating: 5 - Outstanding; 4 - Excellent; 3 - Good; 2 - Satisfactory; 1 - Not-Satisfactory

Suggestions if any:

Date: 9/11/18

Bhavani  
Signature



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Date :9.11.2018

From  
DR.Vijayaragavan,  
Department of orthopaedics,  
SLIMS,  
Bharath Institute of Higher Education and Research,  
Pondicherry.

Through Proper Channel

To  
The Dean,  
SLIMS,  
Bharath Institute of Higher Education and Research,  
Pondicherry.

**Sub: Completion of value-added course: Sports injury management.**

**Respected Sir,**

With reference to the subject mentioned above, the department has conducted the value-added course titled: **sports injury management** on 09.11.2018. We solicit your kind action to send certificates for the participants, that is attached with this letter. Also, I am attaching the photographs captured during the conduct of the course.

Kind Regards

DR.VIJAYARAGAVAN

Dr. R. VIJAYA RAGAVAN, DNB, |  
Reg No 68472  
Asso Professor Orthopaedics  
Sri Lakshmi Narayana Institute of Medical Sciences  
Osudu, Kudapakkam, Puducherry-605 502

**Encl: Certificates**

**Photographs**



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