

## Injury Management: A Key Component of Prescription Opioid Misuse Prevention



**NOTE:** Painkillers are generally not prescribed for injuries that involve concussion, 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:** [www.mass.gov/sportsconcussion](http://www.mass.gov/sportsconcussion)

### If a student athlete is injured:

- Ice can be used to reduce soreness and inflammation. If symptoms persist, contact a physician, especially if there is a lack of full-joint motion.
- 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 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.



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## 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](http://www.miaa.net)

**The Micheli Center for Sports Injury Prevention** offers sport-specific injury prevention information. <http://www.themichelicenter.com/resources/healthcare-providers-coaches/>

**Bureau of Injury Prevention, Massachusetts Department of Public Health (MDPH)**, offers resources on reducing injuries among youth at school, at home, and in the community. [www.mass.gov/dph/injury](http://www.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. [www.mass.gov/sportsconcussion](http://www.mass.gov/sportsconcussion)

**CDC Child Injury Prevention** offers many resources on injury prevention. <http://www.cdc.gov/safecchild/index.html>

**Boston Children's Hospital, Sports Medicine Division**, provides comprehensive multidisciplinary care to athletes of all ages and abilities, from professional athletes to eager novices. <http://www.childrenshospital.org/centers-and-services/division-of-sports-medicine/overview>

**Sports Medicine Center, Mass. General Hospital**, provides interdisciplinary care for athletes. [www.massgeneral.org/ortho-sports-medicine/](http://www.massgeneral.org/ortho-sports-medicine/)

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