

Fourth Edition

Sport First Aid

*A coach's guide to the care
and prevention of athletic injuries*



MELINDA J. FLEGEL

American Sport Education Program

Contents

Preface v

Acknowledgments vii

Part I	Introduction to Sport First Aid	1
Chapter 1	► Your Role on the Athletic Health Care Team	3
Chapter 2	► Sport First Aid Game Plan	13
Part II	Basic Sport First Aid Skills	29
Chapter 3	► Anatomy and Sport Injury Terminology	31
Chapter 4	► Emergency Action Steps and Providing Life Support	49
Chapter 5	► Physical Assessment and First Aid Techniques	63
Chapter 6	► Moving Injured or Sick Athletes	83
Part III	Sport First Aid for Specific Injuries	91
Chapter 7	► Respiratory Emergencies and Illnesses	93
Chapter 8	► Closed Head and Spine Injuries	103
Chapter 9	► Internal Organ Injuries	115
Chapter 10	► Sudden Illnesses	121
Chapter 11	► Weather-Related Problems	135
Chapter 12	► Upper Body Musculoskeletal Injuries	149
Chapter 13	► Lower Body Musculoskeletal Injuries	187
Chapter 14	► Facial and Scalp Injuries	227
Chapter 15	► Skin Problems	243

Appendix A First Aid Protocols 259

Appendix B ASEP Coaches Education Programs 303

Glossary 306

Index 310

About the Author 317