



## FIRST AID FOR SPORTS INJURIES

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### Abstract

This guide also emphasizes injury prevention and the importance of proper exercise technique. Timely first aid measures can significantly alleviate the condition of the injured person and promote faster recovery.

**Keywords:** RICE protocol, immobilization, stop bleeding, seek medical attention, apply a tight bandage.

### Introduction

Sports give us incredible emotions and strengthen our bodies, but even the most thorough preparation can't completely eliminate the risk of sports injuries. Strains, dislocations, and bruises can happen to anyone. That's why knowledge of first aid for sports injuries is not just a useful skill, but a vital necessity. The ability to respond quickly and appropriately in a critical situation can not only reduce pain but also prevent long-term consequences.

It should be remembered that the further state of the victim's health and even his life largely depends on the timeliness and quality of first aid. In case of some minor injuries, medical assistance to the victim may be limited only by the volume of first aid. However, for more serious injuries (fractures, dislocations, bleeding, damage to internal organs, etc.), first aid is the initial stage, since after it is provided, the victim must be taken to a medical facility. First aid is very important, but it will never replace qualified (specialized) medical care if the victim needs it. You should not try to treat the injured person – this is a matter for a specialist doctor.

Syncope is a sudden short-term loss of consciousness, accompanied by a weakening of the activity of the heart and breathing. It occurs with rapidly developing anemia of the brain and lasts from several seconds to 5-10 minutes or more.

**Signs:** Fainting is characterized by sudden onset of lightheadedness, dizziness, weakness, and loss of consciousness. Fainting is accompanied by pale and cold skin. Breathing is slow and shallow, and the pulse is weak and slow (up to 40-50 beats per minute).

**First aid.** First of all, it is necessary to lay the victim on his back so that the head is slightly lowered and the legs are raised. To facilitate breathing, free the neck and chest



from restrictive clothing. Cover the victim warmly, put a heating pad at his feet. Rub ammonia on the patient's temples and bring a cotton swab moistened with ammonia to the nose, and spray the face with cold water. In case of prolonged fainting, artificial respiration is indicated. After regaining consciousness, give him hot coffee.

A dislocation is a displacement of the articular ends of bones, partially or completely disrupting their mutual contact.

Signs:

the appearance of intense pain in the area of the affected joint; impairment of limb function, manifested in the inability to perform active movements;

forced limb position and deformity of the joint shape; displacement of the articular head with emptying of the articular capsule and springy fixation of the limb in its abnormal position.

Traumatic joint dislocations require immediate first aid. A timely reduction of the dislocation, with proper subsequent treatment, will lead to full restoration of the affected limb's function.

First aid should consist, as a rule, in fixing the injured limb, giving pain medication and referring the victim to a medical facility. The limb is fixed with a bandage or suspended on a sling. In case of dislocations of the joints of the lower limb, the victim should be taken to a medical facility in a lying position (on a stretcher), with pillows placed under the limb, it should be fixed and the victim should be given a pain reliever. When providing first aid in unclear cases, when it is not possible to distinguish a dislocation from a fracture, the victim should be treated as if he has an obvious bone fracture.

A sprain is an injury to soft tissues (ligaments, muscles, tendons, nerves) caused by a force that does not damage their integrity. Most often, ligament sprains occur during incorrect, sudden, and sharp movements that exceed the normal range of motion of a given joint (when twisting the foot, turning the leg sideways with the foot fixed). In more severe cases, laceration or complete rupture of ligaments and joint bags may occur.

Signs: sudden severe pain, swelling, impaired joint movement, bleeding into soft tissues. When feeling the place of stretching, soreness appears.

First aid provides rest for the victim, tight bandaging of the damaged joint, ensuring its mobility and reducing hemorrhage. Then you need to consult a traumatologist.

A bruise is a mechanical injury to body tissues and organs without breaking the skin. The main signs of superficial bruises are pain and swelling at the site of injury. Swelling associated with edema of bruised tissues, and in severe bruises also with



hemorrhage, is most often detected after 2-3 days. With hemorrhage, a bruise in the form of a blue-purple spot usually appears at the site of the contusion. To relieve pain and reduce hemorrhage, you should immediately apply cold: make a cold lotion, put an ice bubble.

It is also recommended to apply a pressure bandage and ensure that the injured part of the body remains at rest: hang your hand on a headscarf, put your leg high on a pillow. Very severe pain after a bruise may indicate bone damage. You can not rub the bruised area yourself, this can lead to thrombophlebitis. If the swelling and hematoma do not disappear, you should consult a doctor. With severe head injuries (especially if they are accompanied by nausea, loss of consciousness), chest, abdomen, the brain and internal organs may be damaged. In such cases, it is necessary to ensure that the victim remains at rest and seek medical help.

Types of wounds in sports - Depending on the nature of the injury, wounds can be: Abrasions are superficial injuries most often caused by slipping on a hard surface (such as asphalt or a gym floor). They affect only the top layers of the skin and usually do not bleed much.

Cuts (cut wounds) are caused by contact with a sharp object (for example, a skate, a spike on a boot). They are characterized by smooth edges and can be both superficial and deep.

Lacerations — caused by a strong blow with a blunt object or a fall. Their edges are uneven, and tissue crushing and detachment are often observed.

Puncture wounds are inflicted with a sharp, thin object (for example, a sword in fencing). They can be dangerous because the external entry channel is small, but the damage to internal organs can be significant.

First aid for wounds – Proper first aid is key to preventing complications such as infection. Evaluation; Examine the wound to determine its type and extent of bleeding. Stopping bleeding. Apply a clean cloth or sterile bandage to the wound and press down to stop the bleeding. If blood has seeped through, do not remove the bandage, but apply another layer on top.

Cleansing. Rinse the wound with clean running water to remove dirt and foreign particles. Do not use alcohol, iodine, or hydrogen peroxide directly on an open wound, as they can damage the tissues.

Antiseptic treatment. Treat the skin around the wound with an alcohol-free antiseptic to prevent infection. Applying a bandage. This will protect it from further contamination.

There are many cases where first aid has saved lives, but it is important to remember that you should always see a doctor for a full examination afterwards. Some injuries



or internal diseases may be hidden behind external symptoms, and only a qualified specialist can make an accurate diagnosis and prescribe appropriate treatment.

Thus, first aid is only one step on the road to health restoration. It can be decisive in a critical situation, but we must remember that without further medical intervention, recovery may be jeopardized. We must be prepared to provide first aid, but also remember the importance of professional medical intervention, which will inevitably follow our initial actions.

## CONCLUSION

In conclusion, knowledge and application of first aid techniques for sports injuries is an important component of the safety and well-being of athletes and physical activity enthusiasts. Continuous training and professional development in this area are essential for an effective and safe response to accidents.

First aid for sports injuries is an integral part of a responsible approach to sports. Proper actions in the first minutes after an injury can significantly reduce recovery time and prevent long-term negative consequences. Knowledge and application of the principles of R.I.C.E. are the basis for providing effective and safe care. In case of serious injury, as well as in case of lack of confidence in your actions, you should always contact specialists.

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