Smart Injury Management

3 Tips!
- If in doubt remove player from the court
- Knee injury risk can be minimised by learning to land well
- Do not return to play until you can do all of the NetballSmart Dynamic Warm-up

Types of Injury
- There are two types of injury:
  - Acute or contact injuries can be difficult to avoid.
  - Non-contact or overuse injuries can be reduced through performing key movements well and managing player’s loading.

P.R.I.C.E.D
- APPLY P.R.I.C.E.D AS SOON AS YOU CAN
  - Protect
  - Rest
  - Ice
  - Compress
  - Elevate
  - Diagnose

Anterior Cruciate Ligament (ACL)
- The ACL is the pivotal ligament in the knee. It is critical for stability, and stops the knee from pivoting.
- ACL injuries occur in Netball. ACL and all other lower limb injuries can be minimised by using the NetballSmart Dynamic Warm-Up and practising proper landing technique. See the Landing Skills Resource for more information.

Ankle Injury
- If heels/knees are sore, decrease activity until the pain settles.
- These conditions go away once growing stops.

Ankle Injury Return to Play
- 50% of players who had an ankle injury will have another injury within two years.
- Use the NetballSmart Dynamic Warm-Up as a rehabilitation tool - it involves balance and landing.
- Netball NZ is currently working on an Ankle Injury Prevention Strategy.

Return to Play
- Injured players need to gradually return to training, then progress to games.
- Players should graduate through a return to play process, ensuring injury does not worsen.
- Use the NetballSmart Dynamic Warm-Up to gauge progress.
- If you cannot complete 100% of the NetballSmart Dynamic Warm-Up, then you cannot return to games.