

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

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.