

LO: To explain the difference between acute and chronic injuries and what sports performers can do to prevent them.



Andy Murray was in tears as he spoke to journalists ahead of the Australian Open

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SPORT

Discuss this image with your shoulder partner.

LO: To explain the difference between acute and chronic injuries and what sports performers can do to prevent them.

- The optimism expressed in the early part of the year had long since faded. A run of tournaments in August on American hard courts put enormous strain on his right hip, which had been improved, but by no means healed, during January's surgery.
- Painstaking rehabilitation followed: on the treatment table, in the water, in the gym. But when the time came to move through the gears on court in Florida in December, the pain was too intense.
- That was the moment Murray told his coaching team that his condition had become too debilitating. He set Wimbledon as a target for a final appearance, which seemed achievable to him then, but perhaps less so now after his return to the tour in Brisbane last week.
- There are no further options for Murray. He is actively considering a second surgery to resurface his hip, but that would be to improve quality of life rather than to extend his career.

Question: Is this an acute or chronic injury?



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Nottingham Open 2023 results: Andy Murray beats Arthur Cazaux in final

By Sonia Oxley
BBC Sport

🕒 18 June 2023 | Tennis |



Methods of Injury Prevention:

- Screening
- Protective equipment
- Warm up
- Flexibility Training
- Taping and Bracing

Injury Rehabilitation Methods:

- Proprioceptive training
- Strength Training
- Hyperbaric Chambers
- Cryotherapy
- Hydrotherapy

Recovery Methods from exercise:

- Compression garments
- Massage
- Foam rollers
- Cold therapy
- Ice baths
- Cryotherapy

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Andy Murray on his injury, recovery and return



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Synoptic Links:

- Technology
- Aspect of personality
- Motivation
- Goal setting
- Self-efficacy and confidence
- Stress
- Guidance and feedback

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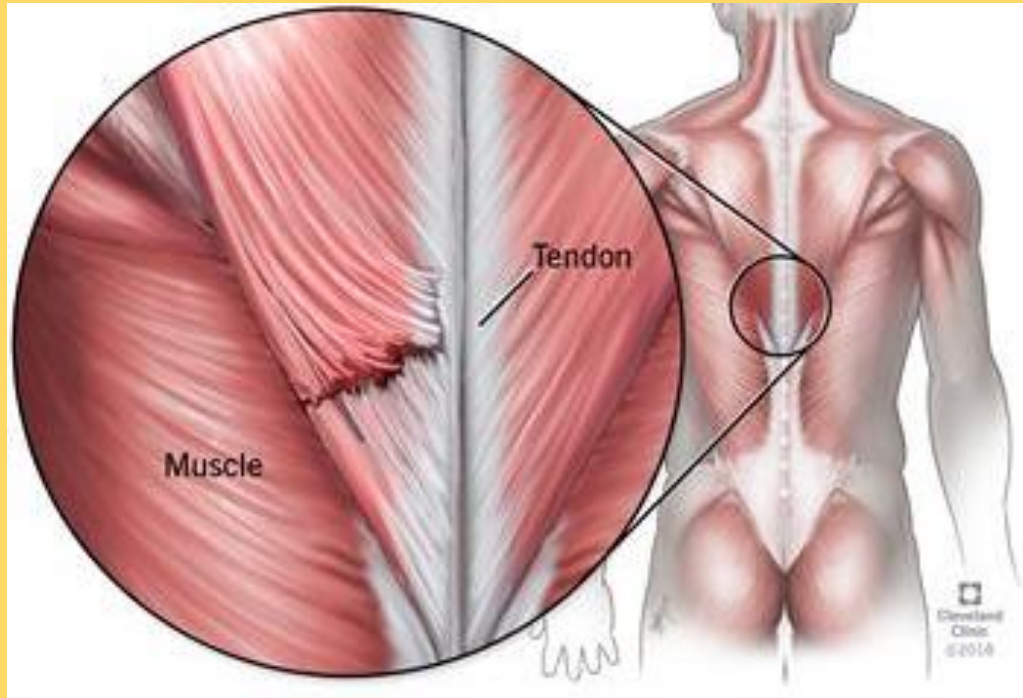
| | | |
|--------------|---------------------|-----------------|
| Tennis Elbow | Dislocation | Sprain |
| Strain | Achilles Tendonitis | Stress Fracture |
| Fracture | | |



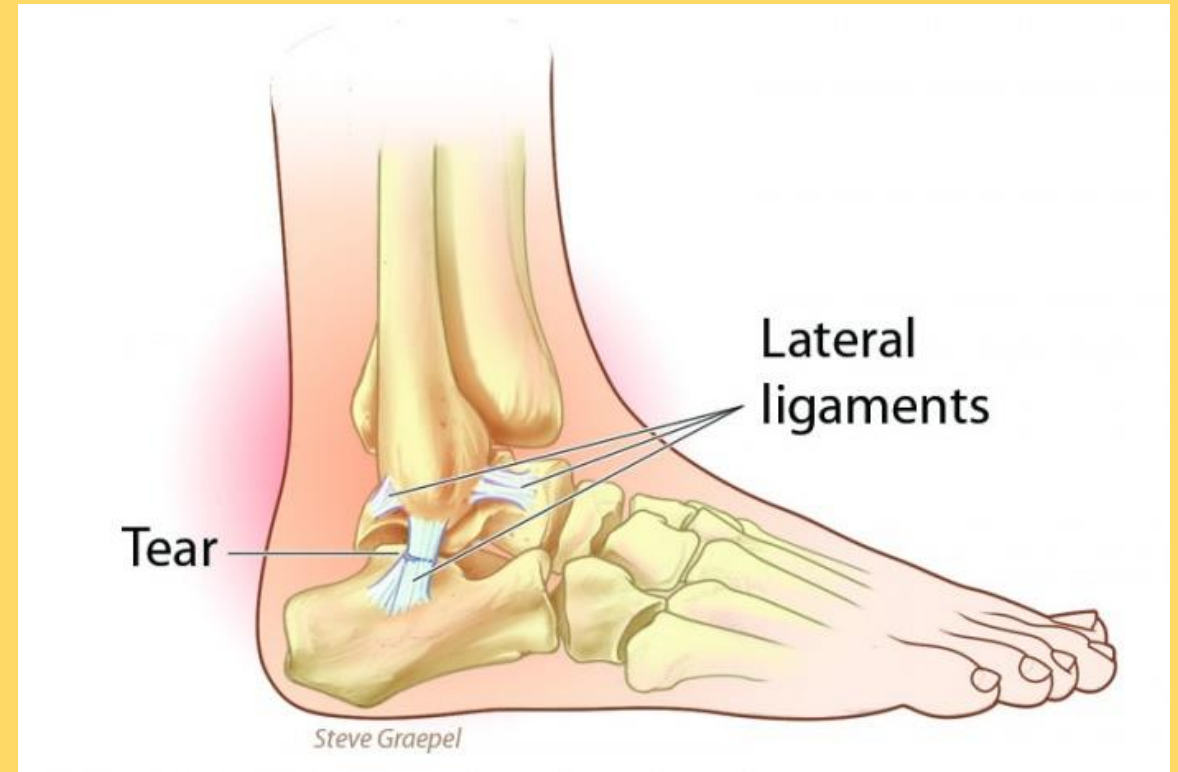
With your shoulder partner, discuss which of these injuries are acute and which are chronic?



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Strain – Muscle



Sprain - Ligament

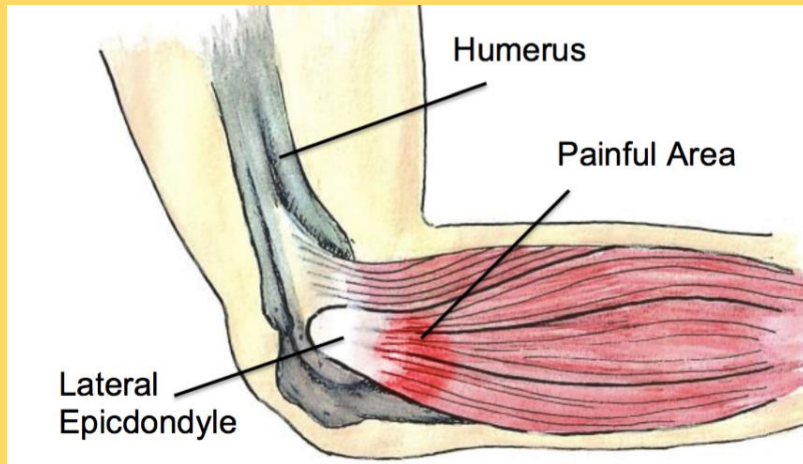
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Dislocation



Stress Fracture



Tennis Elbow



Achilles Tendonitis

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Task: Match the injury with the definition. Write the definition in box. (AO1)

| Injury | Acute/Chronic | Definition |
|------------------------|----------------------|-------------------|
| Compound/open fracture | | |
| Simple/closed fracture | | |
| Dislocations | | |
| Strains | | |
| Sprains | | |
| Tennis Elbow | | |
| Achilles Tendonitis | | |
| Stress Fractures | | |

LO: To explain the difference between acute and chronic injuries and what sports performers can do to prevent them.

Task: Match the injury with a sporting example (A02)

| Injury | When would this occur? |
|------------------------|------------------------|
| Compound/open fracture | |
| Simple/closed fracture | |
| Dislocations | |
| Strains | |
| Sprains | |
| Tennis Elbow | |
| Achilles Tendonitis | |
| Stress Fractures | |

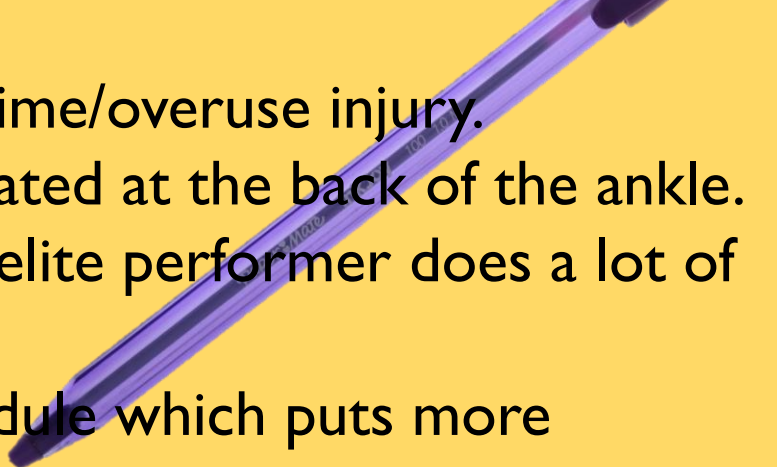
What is the difference between an acute injury and a chronic injury? Use examples when you explain your answer. (4 marks)

An acute injury occurs suddenly during exercise or competition. Pain is felt immediately and is often severe e.g. fractured bone.

A chronic injury occurs after playing sport or exercise for a long time. They are often called overuse injuries e.g. achilles tendonitis.



Explain why an elite performer may suffer from Achilles Tendonitis. (3 marks)

- Achilles tendonitis is a chronic injury.
 - It occurs after playing sport or doing exercise for a long time/overuse injury.
 - It causes pain and inflammation of the Achilles tendon located at the back of the ankle.
 - This is used for walking, running and jumping so when an elite performer does a lot of training it can be prone to tendonitis.
 - Elite performers have a intense training/competition schedule which puts more pressure on their joints/tendons.
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Task: Summarise chronic injury in 5 words, including a sporting example (Not tennis!)

EXIT TICKET



Chronic Injury

-
-
-
-
-



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Bridging Work: Write a synoptic case study on how another area of the course has impacted Andy Murray's chronic injury (positive or negative). Please write one page of A4 and add images if necessary. This will be handed in and marked during your first A Level PE lesson in September.

Queen's 2023: Andy Murray withdraws from doubles with Cameron Norrie due to fatigue

🕒 21 June 2023 | Tennis

