

CONTENTS

Part I: Injuries

FOOT

| | |
|---|----|
| Metatarsal contusion (Injured arches of the feet) | 8 |
| Foot deformities | 10 |
| Neuralgia (nerve pain of the feet) | 10 |
| Fallen Arches | 11 |
| Pes Valgus (heel pain) | 12 |
| Permanently Elevated Heel | 12 |
| Flatfeet | 12 |
| Inflammatory Heel Spur | 14 |
| Formation of Blisters | 16 |
| Nail Bruises | 18 |
| Injuries of the Ankle Joint | 20 |
| Rupture of a Ligament | 20 |
| Syndesmotoc Rupture (ligament/tendon rupture) | 21 |
| Bone Injuries | 21 |
| Irritation of the Achilles Tendon | 24 |
| Periostitis (shin splints) | 39 |
| Bruising of the Shin Bone | 32 |

KNEE

| | |
|---|----|
| Injuries of the Knee Joint | 33 |
| Plaster Cast | 35 |
| Muscle Atrophy | 36 |
| Effusions (swelling) | 36 |
| Arthrosis (joint degeneration) | 37 |
| Patellar Luxation (dislocated knee cap) | 37 |

MUSCLE

| | |
|---------------------------------------|----|
| General | 39 |
| Myogelosis (charley horse) | 39 |
| Muscle Bruises | 41 |
| Traumatic Compartment Syndrome | 44 |
| Functional Compartment Syndrome | 45 |
| Muscle Strain / Over-Stretching | 47 |
| Ruptured Muscle Fiber | 50 |
| Sore Muscles | 53 |
| Muscle Cramps | 55 |

HIP

| | |
|----------------------|----|
| Groin Injuries | 60 |
|----------------------|----|

SPINAL COLUMN

| | |
|---|----|
| Pain in the Lower Back / Sciatica | 65 |
| Neck Pain / Neck Stiffness | 71 |

SHOULDER

Dislocation of the shoulder 74
 Dislocation of the Cromioclavicular (A.C.) Joint 75
 Shoulder Stiffness (Bursitis) 77

ELBOW

Tennis Elbow / Golf Elbow / Pitcher's Elbow 80
 Chronic Tennis Elbow 82

HAND

Injuries of the fingers 87
 Fractured Scaphoid (wrist) Bone 89

HEAD

Local Wounds / Nose Bleeds 90
 Concussions (commotio cerebri) 92
 Eye injuries 95
 Ear injuries 97
 Mouth injuries 98

BROKEN BONES

Fractures 99

HEMORRHAGES

Lacerations and Small Cuts 102
 Abrasions (scrapes) 103

Part II: Inflammations

Inflammations of a Tendon or Tendon Sheath 105
 Bursitis 107
 Skin irritations 110

Part III: Practical Tips

Grooming and Hygiene 111
 Functional Outfits and Clothing 112
 Nutrition and Drinks 114
 Aids 117
 Warming Up / Warm-Up Stretches 121
 Regeneration / Cool-Down 129

Part IV: Tapes

Functional bandages 130
 Guidelines for Taping Technique 133

Part V: First Aid Kit

First Aid Equipment 136