



# Tips from the battlefield: Corked Thigh

**With WSC's Steve Kennett, Club Doctor for the Adelaide Crows**

With finals approaching, many teams and players are going to be tempted to play through injuries, given the increased importance of the games. We talk to WSC Doctor Steve Kennett about what players can and can't play through, and how trainers can maximise performance and minimise risk in such situations. This topic – the corked thigh.



**Wakefield Sports Clinic:** The corked thigh is a common injury, especially in football. What do you do with a player who suffers a corkey during the game?

**Steve Kennett:** First and foremost the player and I will make an immediate assessment of the injury. If the player intends to play on, then we will attempt to keep the player moving and stay warm. Definitely no ice. Stay warm and moving. We'll have him walk around, or on the stationary bike.



**WSC:** What about compression bandages?

**SK:** It's a good idea to compress as early as possible, as long as it doesn't reduce function (if continuing to play).

**WSC:** As a medical professional – when do you 'pull the pin' on the player?

**SK:** Once the player loses power in the leg, has trouble with explosion or kicking, then it's probably time to get him off. He's not helping the team – he's probably hurting the team, in fact.



**WSC:** So once the player's off, then what?

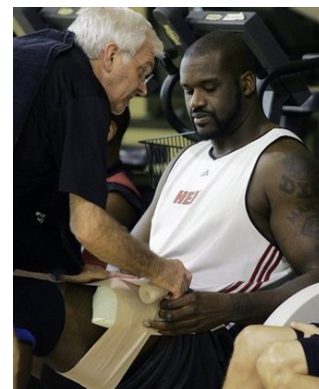
**SK:** Then we're into the management of an acute injury - Normal RICER no HARM stuff. Rest, ice, compression, elevation, referral. No heat, alcohol, running, massage.

**WSC:** What about stretching?

**SK:** No stretching! A gentle lengthening of the muscle while icing is recommended, but stop short of pain! You'll be causing more damage. Icing while gently lengthening the muscle helps maintain the lineal integrity of the muscle, and you'll have less problems later.

**WSC:** How long will a corked thigh take to heal?

**SK:** Depends on the severity of the injury. Playing through it won't help, either. Players, coaches and trainers will have to make the call. Do I finish the game and risk not getting back up for next week?



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