

## ACUTE BACK PAIN ON THE FIELD: WHAT TO DO?

**Eder K**

Germany National Team, Munich, Germany



The international regulations for professional football matches/competition allow the team-physician and the sport-physiotherapist to join the injured player on the field.

Acute treatments on the field after sport trauma are based on anatomic and neuro-orthopaedic aspects of joint/spine stability, with bony, ligamentous, muscular stability and myofascial stability factors.

It is a special situation with extreme time-pressure and limited equipment, sometimes with international media focus.

Based on the injury mechanics, the body language and the empiric evidence/experience of the physiotherapist, a first working hypothesis is noticed by the medical team, and the therapists will try to detect (by tests) the nature and the severity of the lesion, allowing subsequent medical and physio-therapeutical activities.

Lumbar, thoracic and cervical treatments will be the main activities on the field after acute spine lesions.

A decision algorithm will complement the concept of acute emergency measures.