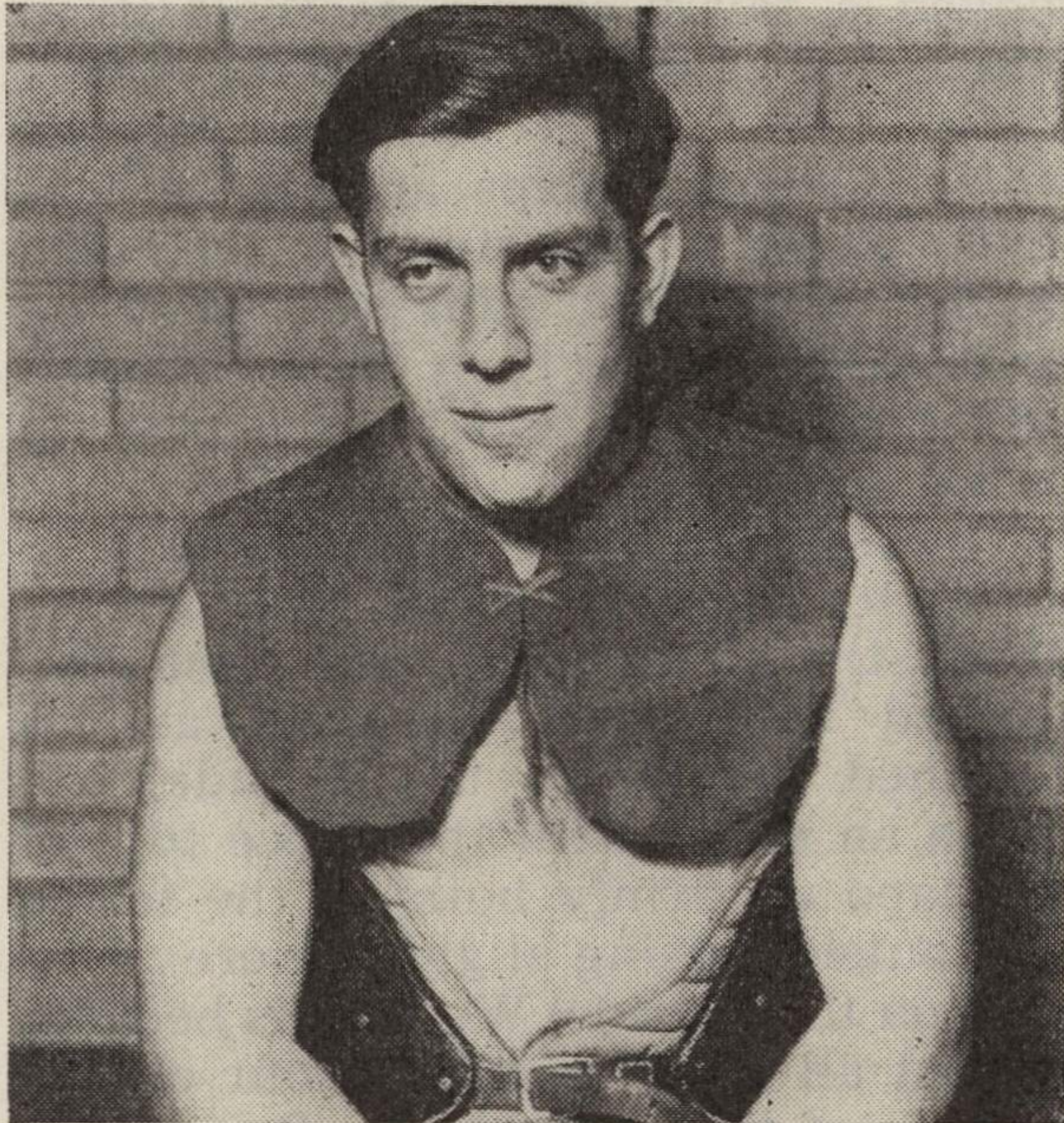


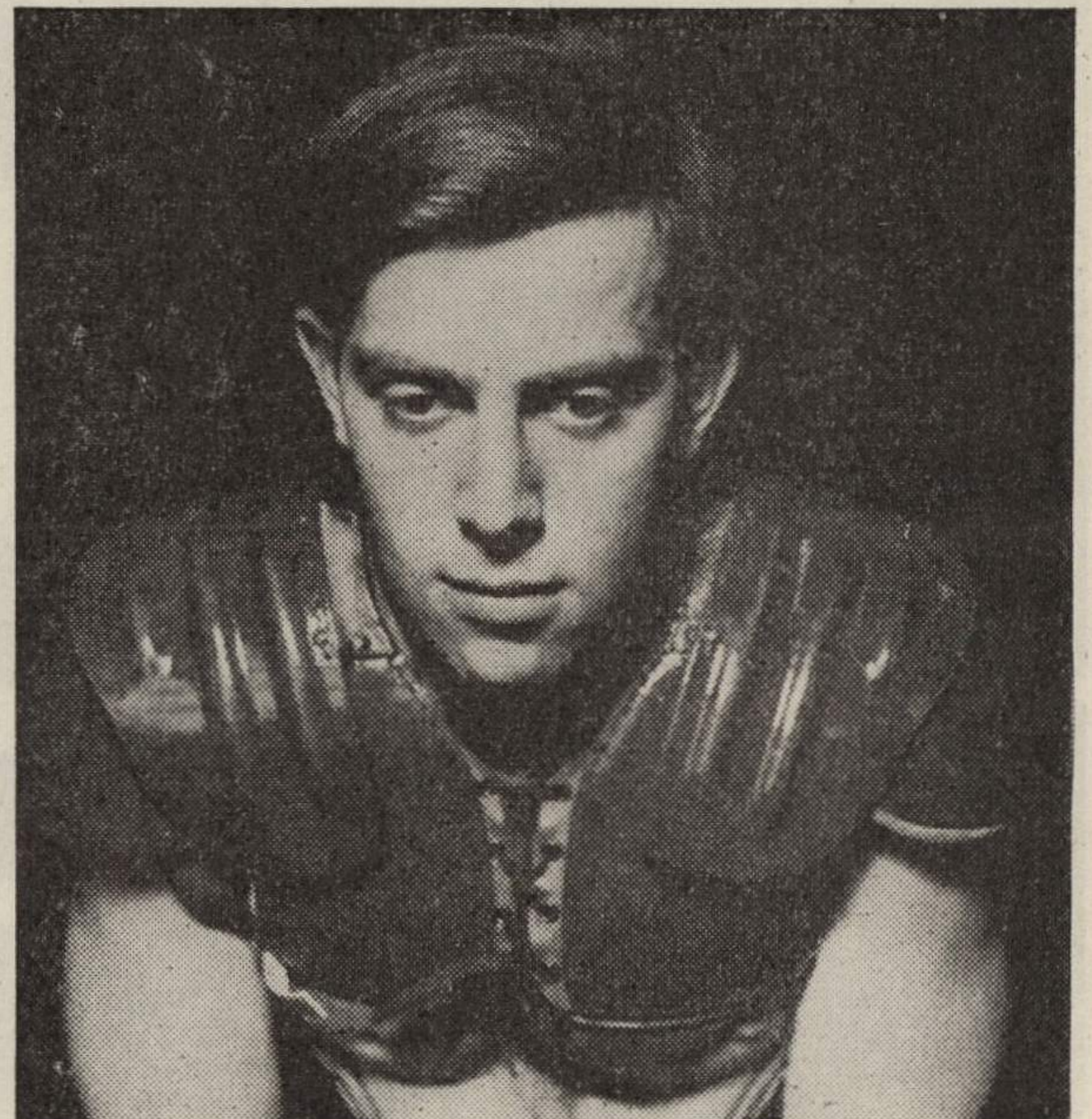
PREVENTION OF FOOTBALL INJURIES

By Arthur Lustig

Several student managers and the coach can prepare 18 players for the game or scrimmage in an hour



LEFT: Worn underneath the regular shoulder pads, this sponge rubber pad provides complete protection for the shoulder and also protects a considerable portion of the pectoral and upper dorsal regions. Note how well the shoulders are protected when the complete harness is adjusted (right). The loose shoulder pieces on the pads have been pushed forward about an inch to provide the collar bone with additional protection.



BELOW: This knee guard is used in place of the one that is cut out of the pants. A "V" is cut on opposite sides of a piece of felt about a foot square and placed over a modified "Duke Simpson" knee wrap. For games and scrimmages the guard is anchored with tape. It is imperative that the leg is slightly flexed while the felt is being adjusted.

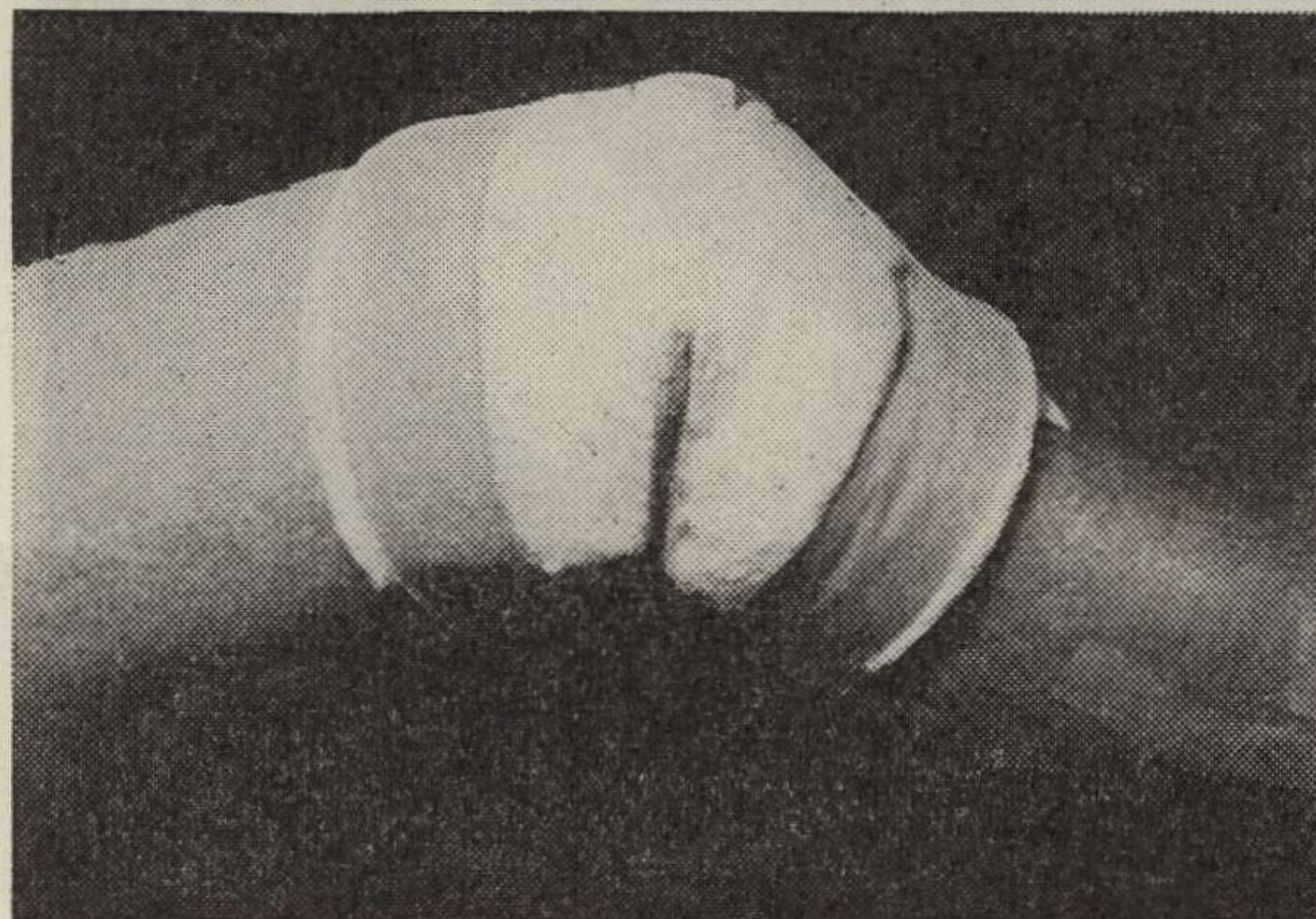
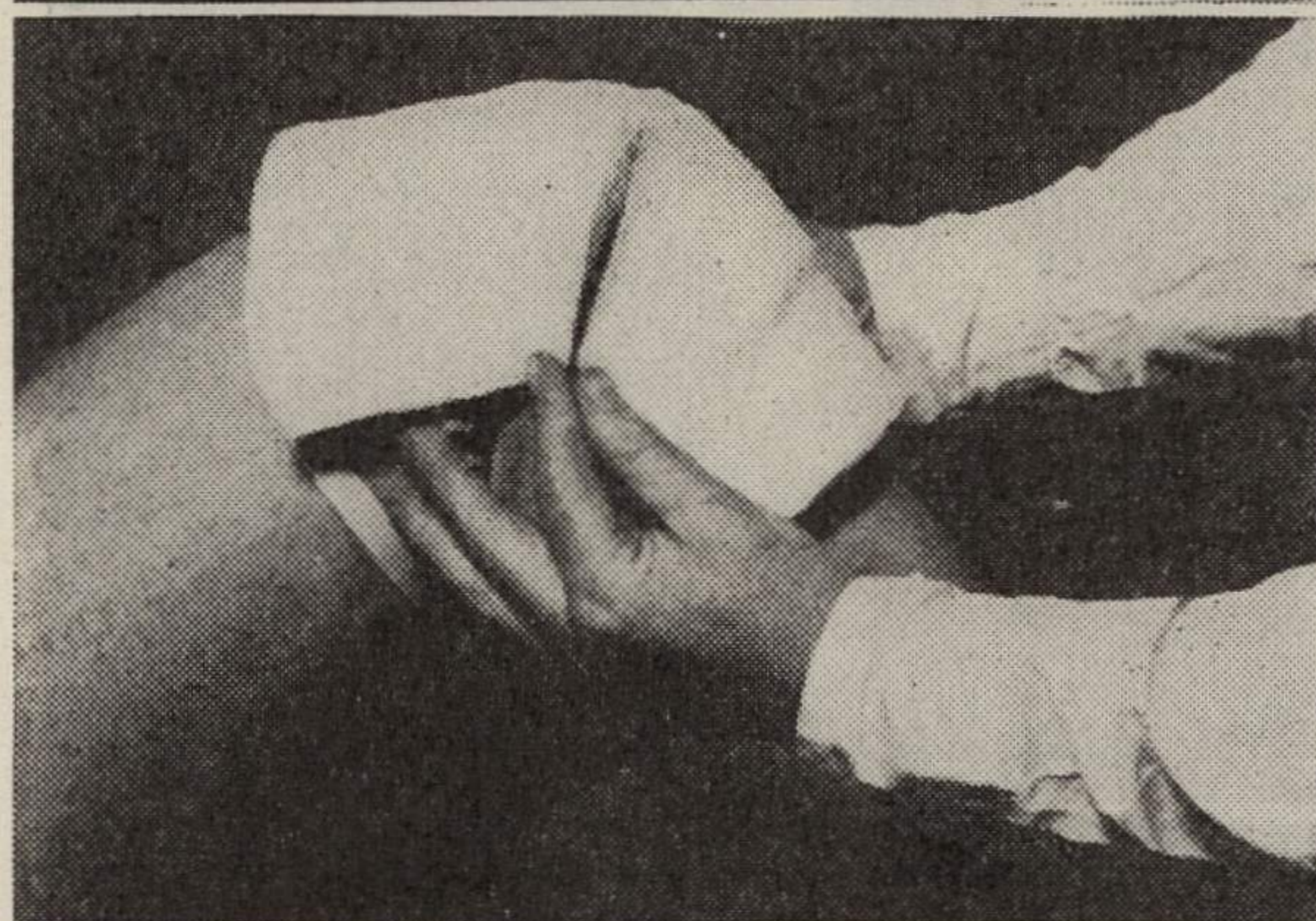
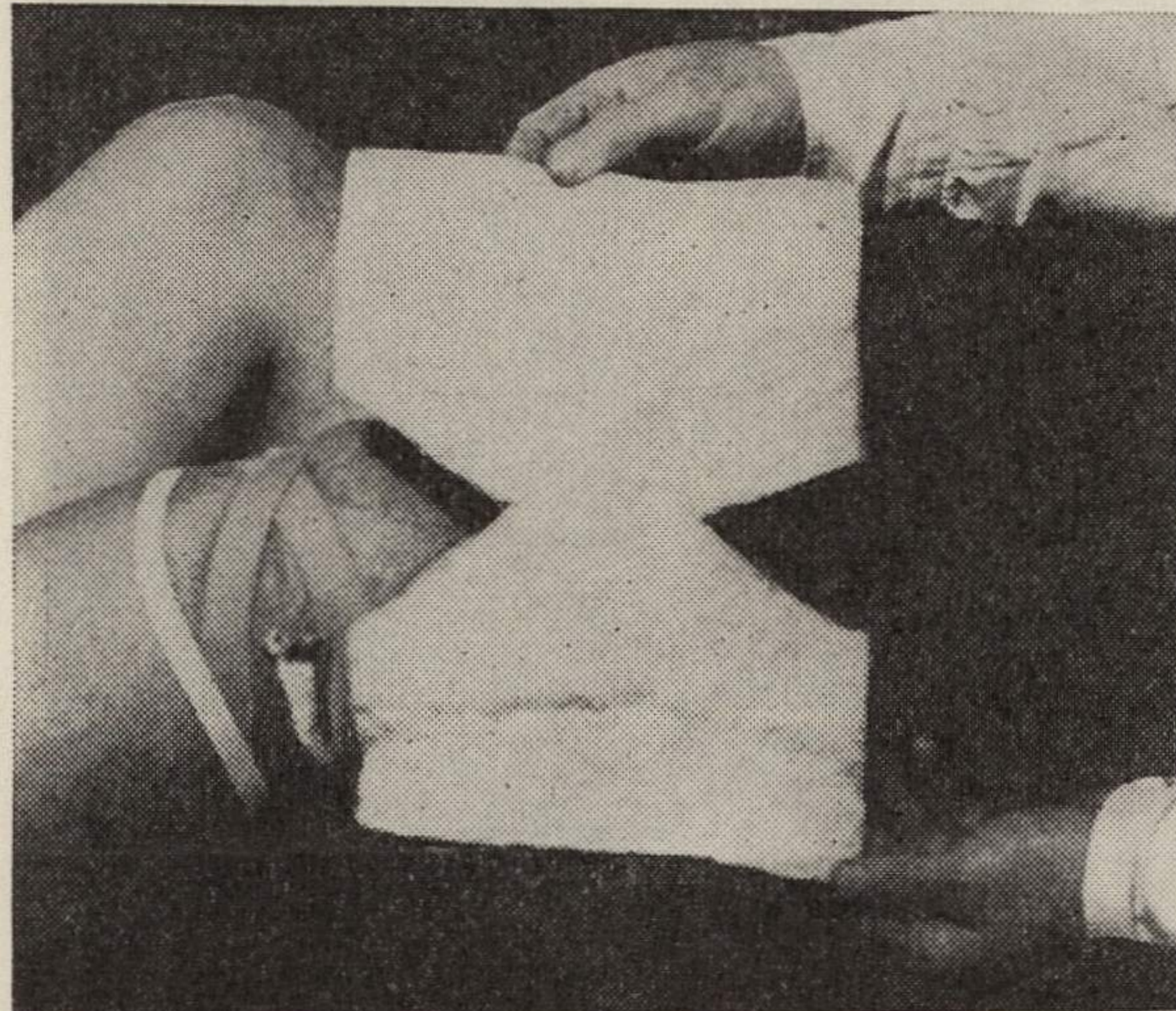
Arthur Lustig coaches football and basketball at the Weequahic High School in Newark, N. J. From conversations with a number of coaches in his state, Lustig believes that too little time is spent in the prevention of football injuries.

So carefully does he safeguard against injuries, that during the past football season his squad did not suffer a single ankle sprain, twisted knee, shoulder injury or bruised rib, kidney or hip. He believes that similar results can be obtained by all schools.

TOO OFTEN football coaches are so deeply concerned over formations, scoring plays, schedule making, and other similar problems that they have little time to devote to the prevention of injuries. Most of the coaches know how to take care of injuries once they occur, and can tell you all about whirl-pool baths, hot and cold applications, remedial adhesive taping, massage and a host of other things to bring back into service a player who has been injured. But how many of them do anything to prevent these same injuries?

Perhaps the slow progress in accident prevention is due to the belief on the part of most coaches that a program to cut down injuries must be expensive and involve a considerable loss of time. My own experience does not justify this assumption. Such a program may result in a greater expenditure for adhesive tape, felt, sponge rubber, and certain other medicinal supplies, but this will probably be the best investment made by the school. In several cases, a slight modification of standard football equipment may be necessary. Most manufacturers will gladly make such changes at little or no cost.

While it is true that some extra time is necessary in this matter of



preventing injuries, it is surprising how little time is actually needed. In my experience I have found that with the help of several of the boys on the manager's staff, I can prepare about 18 boys for the game in a little over an hour.

Here's the plan which we employed during the past year. First of all, most coaches will agree that almost as many, and in some cases

more, accidents occur during scrimmages and other practice sessions than in games. Therefore, our boys are prepared for all scrimmages exactly as they would be for games. This rule has paid high dividends.

To prevent irritation to the skin wherever adhesive tape is applied, we advise the boys to shave the hair off the skin first, and then apply a compound of tincture of benzoin directly on the surface to which the tape is to be applied. This tincture of benzoin compound also provides a very good adhesive surface for the tape. About two gallons of this compound will be sufficient for the entire season. We have also found, incidentally, that this compound has practically eliminated "athlete's foot" from our squads.

Wherever strength is required in adhesive tape, we use a brand of adhesive tape which is a good deal stronger than the ordinary type. We have found from experience that not only do we use a good deal less tape in this way, but we also save money and time and have a greater assurance that the tape will not break or tear. We use the ordinary type of adhesive tape when there is little tension or when we wish to secure other tape more firmly. In all of our taping we use two-inch tape, with the exception of the small pieces which we use to anchor these two-inch strips. For this purpose we use the one-half inch ordinary tape.

We have found it expedient in preparing the application of tape to have several of our managers cut the desired number of strips into the proper sizes at least one hour before the squad starts to dress for the game or scrimmage.

Following are the methods which