**Sports Injuries Questions**

**Hyperbaric Chambers**

**How may hyperbaric chambers aid injury rehabilitation? *(3 marks)***

*3 marks for 3 of:*

A. Reduces pressure at injured area/reduces swelling

B. (Chamber) delivers oxygen at high pressure

C. Approximately 2.5 more times than normal/100% pure oxygen

D. Haemoglobin/red blood cells fully saturated with oxygen

E. Excess oxygen dissolved in plasma

F. Oxygen reaches parts of body that not normally saturated

G. Increased white blood cell activity at injury site

H. Increased blood supply/formation of new blood cells

**Ice Baths**

**Explain how the use of an ice bath can help reduce the ‘delayed onset of muscle**

**soreness’ (DOMS). *(4 marks)***

*4 marks for 4 of:*

A. (Involves sitting in ice cold water for) between 5 – 20 minutes

B. Causes blood vessels to tighten/decreases metabolic activity/vasoconstriction

C. Restricting blood flow to the area

D. Reduces swelling/tissue breakdown/aids muscle repair

E. After leaving the ice bath, area is flooded with new blood/vasodilation

F. Fresh oxygen removes lactic acid

**DOMS**

**How can a performer reduce the effects of delayed onset of muscle soreness**

**DOMS)? *(3 marks)***

3 marks for 3 of:

A. Active warm-up/Active warm-down/cool

down/stretching

B. Avoid eccentric contractions early in session

C. Gradually increase intensity of workload

D. Massage

E. Ice baths