

Limb and Joint Strapping Policy

The Sanatorium budget only allows for the treatment of fresh injuries.

For long term support of injured hamstrings, knees, quads, thumbs, fingers, wrists and elbows, shin splints or any other body part that may need this, please supply your son with his own strapping. If your son needs this support for practices and matches he needs to have this at hand. The Sanatorium Sisters and First Aiders are more than willing to apply the strapping. Please ensure that your son has the appropriate strapping for his requirements ie elastic adhesive: 25mm, 50mm or 75 mm where some movement is needed or rigid strapping for ligament support.

If your son has a long-standing injury that needs to be strapped for every practice and match it may be more advantageous for him to see a sports physiotherapist or biokineticist and get expert advice on sports braces and treatment programmes for the proper rehabilitation of injuries.

Please prepare your sons for the sports they play **every season**. The Sisters and First Aiders really do not want to have to refuse to strap the boys but the school simply cannot carry the cost of supplying the boys with Elastoplast.