

What to put in a Medical Kit:

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In a perfect world, nothing bad would ever happen. Since we don't live in a perfect world, there is a need for preparedness. For this reason, first aid kits are readily available most anywhere we go. They can be found in most public buildings, usually on any public mode of transportation, in most of our work places, in many homes and are even available for your car. They are even available in many different sizes and contain a variety of materials to fit most any need.

The dojo should be no exception. Being a contact sport, as we all know, the possibility for injury in judo is always present. These injuries can range from a simple bruise or cut, dislocation/fracture or even worse. Thus it is necessary to be prepared for whatever may happen. A relatively small medical kit can be very useful in just such a setting.

The contents of a medical kit should be general enough to meet a variety of needs, yet fairly specific to the sport itself. For example; gloves, gauze pads and adhesive bandages should be in every medical kit. However, emergency shears and a screw driver are very appropriate for football or hockey yet are of little value with judo. The following is a list of items that I have found to be useful when covering judo.

- Gloves for protection against disease transmission
- Gauze pads for wound cleansing and applying direct pressure to stop bleeding
- Adhesive bandages to cover wounds
- Triple antibiotic cream for wounds
- Saline for washing out eyes, contact lenses and even wounds
- Alcohol for cleaning the skin, scissors or anything that may have gotten blood on it
- Scissors
- Pre-wrap
- Athletic tape, 1 ½" is most common but 1" use very useful as well
- Elastic tape is useful for covering areas with a lot of movement such as elbows as well as securing bandages
- Finger nail and/or toe nail clippers
- Elastic bandages to wrap strained muscles, attach bags of ice or attach splints
- Bags for ice
- Hand sanitizer
- Sam Splint is highly recommended

A medical kit containing these items should meet most needs. Additional items depend on the preference of the individual needs of the dojo. Remember that it is always better to have an item and not need it than to need it and not have it.

For more information, contact Falcon Physical Therapy via email falconphysicaltherapy@netzero.com or visit our website at www.falconpt.com.