

ABSTRACT

Survey on Injury Management in the U-15 ASKAB PSSI Sumenep County Competition Using the RICE Method (Rest, Ice, Compression, Elevation) at Ahmad Yani Stadium, 2024. Siti Subaida

Keywords: Football, ASKAB U-15, Injury, RICE, First Aid

This research aimed to determine the effectiveness of applying the RICE (Rest, Ice, Compression, Elevation) method in managing injuries during the U-15 ASKAB PSSI Sumenep County Competition at Ahmad Yani Stadium, Sumenep in 2024. A qualitative research method was employed, with data collected through interviews.

The research findings indicated that the performance of the team's medical staff during the matches was suboptimal, both theoretically and practically. Respondents did not fully implement the RICE method. They only applied Rest and Ice as first aid for injuries. Compression and Elevation were not performed. This was due to the fact that most injuries were mild and also because the medical team coordinators were only on duty during the match and not after the U-15 match ended. Theoretically, the respondents were also found to be suboptimal. This was because respondents did not have a massage certificate and had never attended any massage training or other formal medical training.

Nevertheless, injury management was still carried out using a combination of the RICE method (70%) and physiotherapy (30%), which proved effective in injury recovery. Both the RICE method and physiotherapy were found to have a significant effect on the recovery process in certain field situations and conditions.