

Treating Sprains and Strains



Overstretching, tearing, twisting, or pulling a muscle or tendon can result in pain, bruising, swelling, inflammation, and/or instability of the limb or joint.

Caution!

Have a physician evaluate these types of injuries if the pain is severe or there is acute swelling and/or numbness. Surgery and rehabilitation may be necessary if a ligament is torn or a muscle is ruptured.

How is it treated?

- Rest the injured area.
- Use ice packs and compression (such as an ace bandage) to minimize the swelling.
- Elevate the limb on a pillow.
- Use an over-the-counter pain reliever such as acetaminophen or ibuprofen to minimize the damage.

Find More Information

Mayo Clinic: <http://mayocl.in/1cV3FZV>

Medline Plus: <http://1.usa.gov/Oovk9K>

Ortho Info: <http://bit.ly/Oovqyc>

PLAY IT SAFE

Competitive sports provide participants with physical fitness, teamwork, improved skills, and self-esteem – but they can also cause injuries. In a recent survey of 2012 emergency room visits, Safe Kids Worldwide found that 1.35 million children had a serious sports-related injury. That's over 154 children being treated in emergency rooms every hour. While most of the injuries noted were sprains and strains, fractures came in second, contusions and abrasions were third, and the most dreaded injury of all – concussions – were fourth, with 163,670 injuries in 2012 alone.¹



¹ "1.35 Million Children Seen in Emergency Rooms for Sports-Related Injuries." SafeKids.org Safe Kids Worldwide, 5 August 2013. Web. 5 November 2013.