



SPRAINS AND STRAINS

Sprains: An injury to the ligaments that surround a joint. Stretching or tearing of the ligaments results from forceful twisting of the joint.

Strains: An injury to a muscle which is caused by over stretching.

Treatment of sprains and strains:

Rest – Restrict use of the injured area until pain and swelling begin to subside. Gradually increase use as tolerated.

Ice – Apply directly to the skin for fifteen minutes every four hours. Continue for forty-eight hours.

Anti-inflammatory Medication – Ibuprofen (Advil or Motrin) should be given every six hours to reduce pain and inflammation.

Elevation – Elevate the injured knees and ankles above the waist whenever possible until swelling begins to subside.

Call the office if the affected joint is grossly deformed, cannot bear weight, or fails to improve after the first 48 hours. Complete recovery may take 3 to 4 weeks.

