Strains & Sprains

What is a STRAIN?
A STRAIN is a tear or a stretch of the tissue that attaches a muscle to a bone.

What is a SPRAIN?
A SPRAIN is a tear or a stretch of a ligament. Ligaments join one bone to another around a joint.

*Mild strains and sprains can tolerate some mobilization.* Mild strains and sprains will usually heal on their own. However, it is important that the area is not re-injured during the healing process. This may require crutches, casting, or splinting depending on the injury.

What should I do?
- Rest the affected limb
- Apply an ice pack to the affected area 10-15 minutes at least 4 times/day for 2 days
- Elevate the affected area above the level of the heart to help reduce swelling
- Consider Acetaminophen (Tylenol®/Tempra®) or Ibuprofen (Advil®/Motrin®) as it can help with the pain and swelling

- Ibuprofen________(10mg/kg) every 6-8 hours or
- Acetaminophen_______(15mg/kg) every 4-6 hours, maximum 5 doses per day.

When should I return to the Emergency Department?
You should return if the pain worsens or does not improve at all after 48 hours.

For more information call Healthline at 811