

• PROPER CARE FOR SPORTS INJURIES

Presented by Revamp Training Studio

SPRAINS

A sprain is an injury to a ligament, the strong bands of tissue that connect a bone to another at a joint. The severity of a sprain can be classified by the amount of tissue tearing, impact on joint stability, pain and swelling.

DEGREES OF SPRAINS

- First degree (mildest) – little tearing, pain or swelling; joint stability is good.
- Second degree – broadest range of damage, with moderate instability and moderate to severe pain and swelling.
- Third degree (most severe) – ligament is completely ruptured; joint is unstable; severe pain and swelling; other tissues are often damaged.

STRAINS

A strain is damage to muscle fibers and to the other fibers that attach the muscle to the bone. Other names for a strain include “torn muscle,” “muscle pull” and “ruptured tendon.”

DEGREES OF STRAINS

- First degree (mildest) – little tissue tearing; mild tenderness; pain with full range of motion.
- Second degree – torn muscle or tendon tissues; painful, limited motion; possibly some swelling or depression at the spot of the injury.
- Third degree (most severe) – limited or no movement; pain will be severe at first, but may be painless after initial injury.

ACUTE TREATMENT

There are several decisions an athlete must make when they injure themselves, including how serious the injury is and whether they should go to a health care provider. If there are deformities, significant swelling or pain, athlete should immobilize the area and seek medical help. Many fractures will not cause a deformity.

TREATING A SPRAIN OR STRAIN

Management of both sprains and strains follows the **PRICE** principle.

Protect from further injury. **Restrict** activity. Apply **Ice & Compression**. **Elevate** the injury. This PRICE principle limits the amount of swelling at the injury and improves the healing process. Splints, pads and crutches will protect a joint or muscle from further injury when appropriately used (usually for more severe sprains or strains). Activity restriction, usually for 48- 72 hours, will allow the healing process to begin. During the activity restriction, gentle movement of the muscle or joint should be started. Ice should be applied for 15 -20 minutes every 60-90 minutes. Compression, such as an elastic bandage, should be kept on between icings; keeping it compressed even during the night is best. Elevating the limb will also keep the swelling to a minimum. If athlete suspects more than a mild injury, cannot put weight on the limb, or it gives way, athlete should consult with a health care provider.

REVAMPTRAINING.COM (805) 458-4814