

First Aid **For Strains & Sprains**

Preventing Strains and Sprains

- Warm up for any physical activity, whether it's work or play.
- Get in shape and wear proper equipment for your activity.
- Slow down and stretch when your activity is finished.
- Use proper lifting techniques.

Sprain: a torn or badly stretched ligament, usually in a joint

Strain: a torn or badly stretched muscle or tendon

The Symptoms Are the Same:

- pain
- swelling
- difficulty moving the joint
- black and blue areas

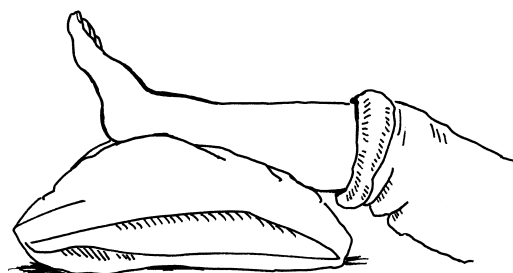
First Aid...

- Stop using the injured part immediately.
- Raise the injured part above the level of the heart, resting it on blankets.
- Firmly (but not tightly) wrap a strain in an elastic bandage.
- Apply ice wrapped in a towel or bag for periods of 30 minutes, with 15-minute breaks in between.
- After 48 hours, moist heat and gentle stretching are OK.

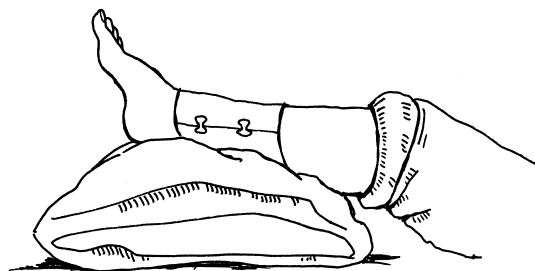
If there is a chance of a broken bone, don't move the joint. Apply a splint if possible.

Get Medical Help If...

- there is a chance that a bone is broken.
- a sprain is moderate or severe.
- pain is very strong or lasts more than 24 hours.
- swelling doesn't go down after 24 hours.



Elevate the injured part.



Wrap a strain in an elastic bandage.



Apply ice for periods of 30 minutes.