

## Sprains and Strains

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| Counselling Points | <p>Advise the person to manage their injury using <b>PRICE</b>:</p> <ul style="list-style-type: none"><li>○ <b>Protection</b> — protect from further injury (for example by using a support or high-top, lace-up shoes).</li><li>○ <b>Rest</b> — avoid activity for the first 48–72 hours following injury.</li><li>○ <b>Ice</b> — apply ice wrapped in a damp towel for 15–20 minutes every 2–3 hours during the day for the first 48–72 hours following the injury. Do not leave ice on while asleep.</li><li>○ <b>Compression</b> — with a simple elastic bandage or elasticated tubular bandage, which should be snug, but not tight. Remove before going to sleep.</li><li>○ <b>Elevation</b> — advise the person to rest with their leg elevated and supported on a pillow until the swelling is controlled, and to avoid prolonged periods with the leg not elevated.</li></ul> <ul style="list-style-type: none"><li>● Advise the person to avoid <b>HARM</b> in the first 72 hours after the injury: - <b>Heat</b> (for example hot baths, saunas, heat packs). - <b>Alcohol</b> (increases bleeding and swelling and decreases healing). - <b>Running</b> (or any other form of exercise which may cause further damage). - <b>Massage</b> (may increase bleeding and swelling).</li><li>● Consider current medications (purchased and prescribed) e.g. statins; anticoagulants, which may affect the injury, and refer if appropriate.</li><li>● For sprains:<br/>Do not immobilize the joint. Begin flexibility (range of motion) exercises as soon as they can be tolerated without excessive pain.</li><li>● For strains:<br/>Immobilize the injured muscle for the first few days after the injury. - Start active mobilization after a few days if the person has pain-free use of the muscle in basic movements and the injured muscle can stretch as much as the healthy contralateral muscle.</li></ul> |
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