



MUSCULOSKELETAL INJURIES

SPRAIN*: The stretching of a ligament with the possibility of some degree of tissue tearing.

STRAIN*: The stretching of a muscle or tendon with the possibility of some degree of tissue tearing.

CONTUSION*: Due to tissue compression which causes damage to blood vessels within the tissue and the formation of a hematoma (bruise).

***X-ray for significant injury or if not improving days 4-5 after injury**

Physical Therapy if significant swelling or need to return to competitive athletics

A = analgesia

- ~ Pain relief
- ~ Acetaminophen or Ibuprofen

A = anti-inflammatory

- ~ Ibuprofen (Advil, Motrin, store brand)
- ~ Dosed every 6 to 8 hours and must be given with food or milk to avoid upset stomach

P = protection/support

- ~ Extra padding
- ~ Ace bandage
- ~ Splints or braces for certain injuries
- ~ Neoprene or spandex joint support for all activity for several weeks!!

R = rest!

- ~ Avoid sports and activities that will aggravate or re-injure the body
- ~ Do not resume activities until pain-free when walking

I = ice

- ~ Apply to the injury as often as needed, especially during the first 24-48 hours; and continue 3-4 times daily until swelling is gone; then switch to heat. Be sure to have towel/cloth between heat/ice and skin.

C = compression

- ~ Wrap with ace bandage or other elastic braces

E = elevation

- ~ Keep injured area elevated on pillow when sitting or laying down whenever possible until swelling is gone (24-72 hours)

CALL BACK IF...

- ~ Any numbness, tingling, or weakness of extremities
- ~ For ankles: Extreme tenderness to ankle bone
- ~ Child not able to bear weight or still with significant limping after 2 to 3 days
- ~ Significant swelling, tenderness, and pain with movement after 2 to 3 days
- ~ Not showing some improvement daily