

Strains and Sprains

Definition:

- A Strain is an acute kind of injury caused by excessive use, twisting or stretching of muscles or tendons beyond their normal use.
- A Sprain is an delicate but painful sort of injury to the ligaments of a joint caused by a sudden twisting or overstretching of the joint.

Treatment:

- Ice treatment is used for strains and sprains because it decreases swelling around the injury.
- Heat therapy is used for chronic situations because it helps relax the muscles and stimulates the blood flow.
- Follow the RICE procedure:

R: Rest the injured part

I: Ice applied to the injured area

C: Comfortably support the injury using a bandage

E: Elevate the injured part