

Strain

What is it?

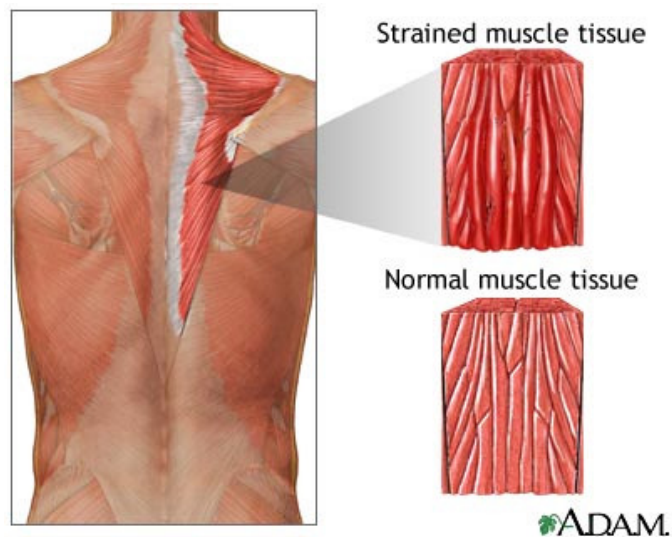
The stretching or tearing in a muscle or tendon. Common term is “pulled muscle”

Signs and Symptoms

Pain, swelling, tenderness, muscle spasm, bruising, decreased strength

How should it be treated?

Rest, ice, Anti-Inflammatory medication (ibuprofen = best example).



<http://www.nlm.nih.gov/medlineplus/ency/images/ency/fullsize/19618.jpg>

References:

- Gallaspy, James B., M.Ed., A.T.C., LAT, May, J. Douglas, M.A., A.T.C. (1996). *Signs and Symptoms of Athletic Injuries*. St. Louis, Missouri: Mosby-Year Book, Inc.
- Bernier, Julie N., EdD, ATC (2005). *Quick Reference Dictionary for Athletic Training*. Second Edition. Thorofare, NJ: SLACK Incorporated.