

## Sprain

### What is it?

The stretching or tearing of a ligament (fibrous connective tissue that attaches bone to bone)

### Signs and Symptoms

Pain, loss of motion at joint, point tenderness, instability, bruising, inflammation/swelling

### How severe is it?

1st Degree: minimal stretching of ligament

2<sup>nd</sup> Degree: partial tearing of ligament

3<sup>rd</sup> Degree: complete tearing of ligament

### How should it be treated?

RICE (Rest Ice Compression Elevation), Anti-Inflammatory over-the-counter medicine (ibuprofen = best example), crutches if cannot weight bear, rehab

### 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.