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