



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
- Splints or braces for certain injuries
- Ace bandage, 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 to walk

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 lying down whenever possible until swelling is gone (24-72hours)

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