



## Injury Management for Sprains

Your son/daughter has sustained a(n) \_\_\_\_\_ sprain. A sprain is an injury to a ligament, which is the connective tissue that holds bones together. A sprain causes pain, swelling, stiffness, and possibly discoloration.

The amount of swelling and pain can best be managed early by applying ice packs. Heat can be applied when the swelling has lessened. However, the early application of heat can increase swelling and pain. The most important treatment for a sprain is PRICE: protection, rest, ice, compression, elevation:

- **P**rotect the joint from further injury. Remove all constrictive clothing in the area of injury.
- **R**est the joint. Avoid the activities that caused the strain and other activities that are painful.
- **I**ce the joint (20 minutes every hour while awake). Ice is a very effective anti-inflammatory and pain-relieving agent.
- **C**ompression can be a gently applied with an Ace wrap or other elastic bandage, which can provide both support and decrease swelling. Do not wrap too tightly.
- **E**levate the injured area to decrease swelling.

Nonsteroidal anti-inflammatory medications (Ibuprofen) may also be taken to reduce the pain and inflammation around the injured area.

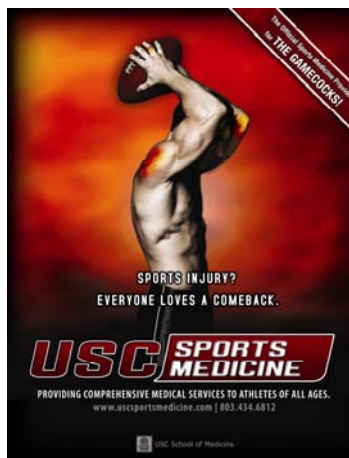
Activities that increase muscle pain or work the affected body part are not recommended until the pain has significantly gone away.

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