



Injury Management Plan for Strains

Your son/daughter has sustained a(n) _____ strain. A strain is an injury to a muscle, or the tendon connecting that muscle to a bone.

The amount of swelling and pain can best be managed early by applying ice packs and maintaining the strained muscle in a stretched position. Early application of heat can increase swelling and pain.

A nonsteroidal anti-inflammatory medication (Ibuprofen) may be taken to reduce the pain and inflammation around the injured area. Protection, rest, ice, compression, and elevation (PRICE) can help the affected muscle:

- **P**rotect the strained muscle from further injury. Remove all constrictive clothing in the area of muscle strain.
- **R**est the strained muscle. Avoid the activities that caused the strain and other activities that are painful.
- **I**ce the muscle area (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.

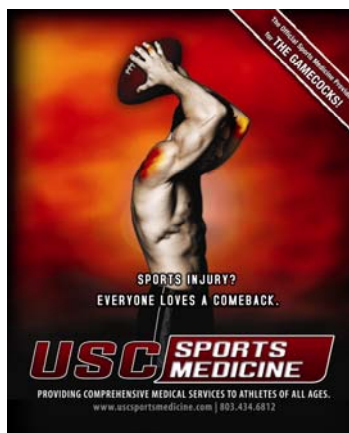
Activities that increase muscle pain or work the affected body part are not recommended until the pain has significantly gone away.

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