

Sprains and Strains



SYMPTOMS:

- ◆ AREA IS SORE TO THE TOUCH AND MAY EXPERIENCE SWELLING
- ◆ SUDDEN ONSET OF PAIN & NOT BEING ABLE TO PUT WEIGHT ON THE JOINT
- ◆ PAIN WITH ACTIVITY, DULL ACHE AT REST, WEAKNESS IN INVOLVED AREA

Prevention

Prevention strategies include:

- Always warm up before and cool down after doing exercise.
- Always stretch your muscles slowly and gently, and don't push yourself when injured.
- Always stop the activity when you feel pain.
- Build up your exercise level gradually and use proper form and gear.
- Strive for a total body workout of cardiovascular, strength-training, and flexibility exercises.
- Children should have physical exams before beginning sports.
- Don't try to do a week's worth of activity in a day or two.

Definition

Sprains and strains are injuries that often occur from sports injuries or other activities at home or at work. A sprain is an injury of the ligaments that attach bone to bone. A strain is an injury of the tendons that connect muscle to bone. Some injuries can tear ligament and tendon away from the bone. Sometimes small fragments of bone are pulled away as well. Young athletes are particularly prone to this type of injury because their bones and muscles are immature. A child should stop the activity at the first sign of pain, restricted range of motion, or locking of a joint. Acute injuries occur suddenly when playing or exercising. Sprained ankles, strained backs, and fractured hands are examples of acute injuries. Chronic injuries happen after you play a sport or exercise for a long time.

The age groups most affected are pre-high school players, anywhere from ages 10 to 15, with the peak incidence in the 12 to 14-year-old age group. Treatment and recovery depend on the severity of the injury. Recovery time ranges from 6 weeks to 3 months.

Treatment may include:

- **CHIROPRACTIC & PHYSICAL THERAPY**
- **REST**
Do not do any activities that cause pain. Do not play sports, especially ones that caused the pain, until the pain is gone.
- **ICE**
Apply ice or a cold pack to the outside of the area for 15-20 minutes, 4 times a day, for several days. Wrap the ice or cold pack in a towel. Do not apply the ice directly to your skin.
- **COMPRESSION and ELEVATION of the area to reduce swelling**

TREATMENT

A Doctor of Chiropractic can offer guidelines on exercise, conditioning techniques, nutrition, and general fitness. Of course, when treatment is needed, the chiropractor is fully equipped to manage nonsurgical treatment of typical sports injuries. Chiropractic care also works on correcting misaligned or out of place vertebrae and can remove the pressure placed on the nerve endings that line the surface of the joint and course through the space between the joints, reducing pain and improving flexibility and function. To see if chiropractic may be able to help you, call (414) 525-9500 today for a complimentary consultation.

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