

Sprains

A sprain is a stretching injury to a ligament or joint caused by overuse or stress. Sprains are best treated by immediate Rest, Icing, Compression, Elevation (RICE) and Ibuprofen (Advil, Motrin). Later sprains are best treated by immobilizing the injured joint to prevent further stress until the body can heal itself.

General Treatment:

- * Virtually every soft tissue injury should be iced immediately. This can be best accomplished with a screw top ice bag or plastic filled bag with crushed ice.
- * Compression to stop bleeding and minimize swelling is just as important as icing. Padding first must be placed in the depressed areas of the joint. An Ace wrap works to compress and support the injured area and the remainder of the wrap should be used to firmly secure the ice in place.
- * Ice packs should be applied for a minimum of 20 minutes and the application repeated at least every four hours until the bleeding and swelling stop. Ice should be used for the first 48 hours of any soft tissue injury.
- * The injured part should be kept elevated and painful activity avoided for at least 24-48 hours.
- * Ibuprofen (Advil, Motrin): 5- 12 years of age - 200 mg every 6 hours; 12+ years - 400 mg every 6 hours.