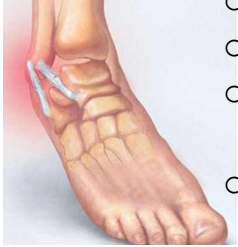


Sprain or Strain

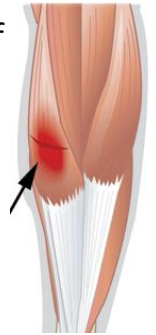
What is it?

- **Sprain**– is an injury to the ligaments caused by being stretched beyond their normal capacity and may be torn;
 - **First degree**- minor tear or stretch of a ligament
 - **Second Degree**- tear of a ligament with pain and swelling
 - **Third Degree**- a complete rupture
 - **Fourth Degree**- breaks the ligament and some small bones, may require surgery to repair
 - **Fifth Degree**- tear all the ligaments and breaks all the surrounding bones, sometimes can't be repaired and results in amputation
- **Strain**- is an injury to a tendon or muscle; the muscle pulls on the tendon



Symptoms:

- **Symptoms**- inflammation, swelling, localized pain/pain in 1 area, loss of function, elasticity of ligament decrease, loss of normal limb function, bruising



Facts:

- **Caused by**- twisted ankle, improper lifting, improper movement
- **Higher Risk**- ankle, knee, wrist, toes, and fingers
 - **Activities**- basketball, football, gymnastics, volleyball and many other sports
- **Prevention**- proper use of safety equipment, lifting correctly, stretching, being aware of surroundings, maintaining flexibility and strength, physical conditioning
 - **Helpful Hints**- stretch before you workout, warm up before an activity, wear proper footwear, do not run on uneven surfaces or ice

What can I do?

- **See your Health Care Provider**- for more information
 - **Ligament or Muscle Tissue is Torn**- may need surgical repair or immobilization
 - **Tests**- MRI/Magnetic Resonance Imaging
 - **Treatment**- RICE- Rest, Ice, Compression and Elevate
- **See a Registered Dietitian**- for help as needed if need to decrease weight

