

Strains & Sprains

Weight (Kg):

What is a STRAIN?

A STRAIN is a tear or a stretch of the tissue that attaches a muscle to a bone.

What is a SPRAIN?

A SPRAIN is a tear or a stretch of a ligament. Ligaments join one bone to another around a joint.

Mild strains and sprains can tolerate some mobilization. Mild strains and sprains will usually heal on their own. However, it is important that the area is not re-injured during the healing process. This may require crutches, casting, or splinting depending on the injury.

What should I do?

- Rest the affected limb
- Apply an ice pack to the affected area 10-15 minutes at least 4 times/day for 2 days
- Elevate the affected area above the level of the heart to help reduce swelling
- Consider Acetaminophen (Tylenol®/Temptra®) or Ibuprofen (Advil®/Motrin®) as it can help with the pain and swelling

- Ibuprofen _____ (10mg/kg) every 6-8 hours or
- Acetaminophen _____ (15mg/kg) every 4-6 hours, maximum 5 doses per day.

When should I return to the Emergency Department?

You should return if the pain *worsens* or does not improve at all after 48 hours.

For more information call Healthline at 811