

Fast Facts

Strains/Sprains Treatment

<i>Rest</i>	Avoid activities that cause pain/swelling/discomfort, but don't avoid all activity.
<i>Ice</i>	Apply immediately and every 15-20 minutes every 2-3 hours while awake for the first 2-3 days.
<i>Compression</i>	Use elastic bandage until swelling stops (loosen if pain increase, area becomes numb, or swelling occurs below wrapped area). Remember to start at point furthest away from the heart.
<i>Elevation</i>	Above the level of the heart, especially at night (this will allow gravity to help decrease swelling).

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