



STRAINS VS. SPRAINS

A strain occurs when a tendon or muscle is overstretched or torn. A sprain occurs when a ligament, connective tissue that attaches bone to bone, is overstretched or torn. An athlete will strain their hamstring muscle, but they will sprain their ankle.

What to do if you suspect a sprain or strain:

- **First**, consult a physician and follow-up with the school nurse.
- **Rest:** Refrain from activity and rest at home while healing. Use crutches or sling if directed to by a physician.
- **Ice:** Apply ice to the injured area for 15-20 minutes at a time. This will help minimize swelling and reduce pain!
- **Compression:** If your physician or school nurse gave you an ace bandage wrap wear it! Wear it all the time, except for when you are in the shower.
- **Elevation:** Elevate the injured area, this will also minimize the swelling.
- **Don't Forget:** Follow all the directions your physician gives you.