

STRAINS AND SPRAINS





INTRODUCTION

- Strains occur when a muscle is overstretched or torn, while sprains involve tearing of ligaments or surrounding joint tissues.
 - Ruptured muscles or tendons can also be categorized as strains.
 - Understanding the causes and signs of strains and sprains is crucial for effective first aid.
- 

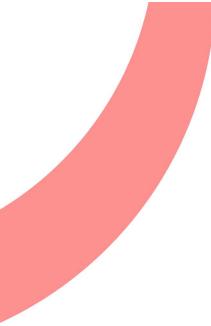
Causes of Strains and Sprains

- Strains can result from twists or sudden efforts, such as lifting heavy objects.
- Sprains often occur due to sudden wrenching or twisting of a joint, with ankle sprains being a common example



SIGNS AND SYMPTOMS





Signs and symptoms of strains:

- Pain in the affected muscle
 - Swelling
 - Bruising
 - Loss of movement.
- 

Signs and symptoms of sprains:

- Complaints of pain around the affected joint.
- Report of a sudden sharp pain in the muscle.
- Inability to use or put weight on the joint.
- Presence of:
 1. Swelling.
 2. Bruising.
 3. Tenderness.

Providing First Aid

- Avoid applying crepe or compression bandages for muscle or joint injuries.
- Apply ice wrapped in a cloth or towel to the injury. Ice helps reduce pain and promote healing.
- Ensure the ice does not directly touch the skin.
- If ice is not available, use cold water to create a cold compress.
- Apply ice or cold compress for a maximum of 20 minutes.

- Do not massage the injury.
- Avoid applying heat to the injury.
- Advise the injured person to rest and refrain from continuing the activity.
- Arrange transportation to a healthcare facility for further evaluation and treatment.
- Seek medical attention for proper diagnosis and management of strains and sprains.

