


# **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.
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# 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

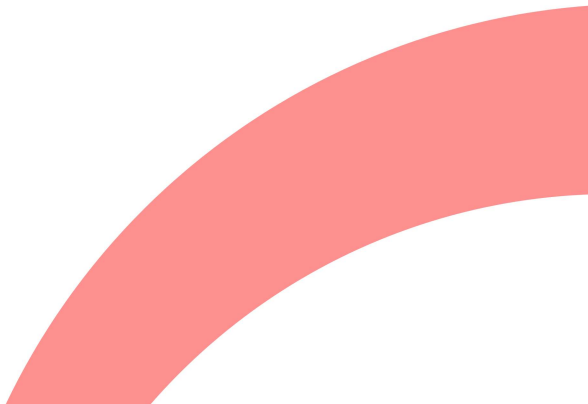


# **SIGNS AND SYMPTOMS**






# **Signs and symptoms of strains:**

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

