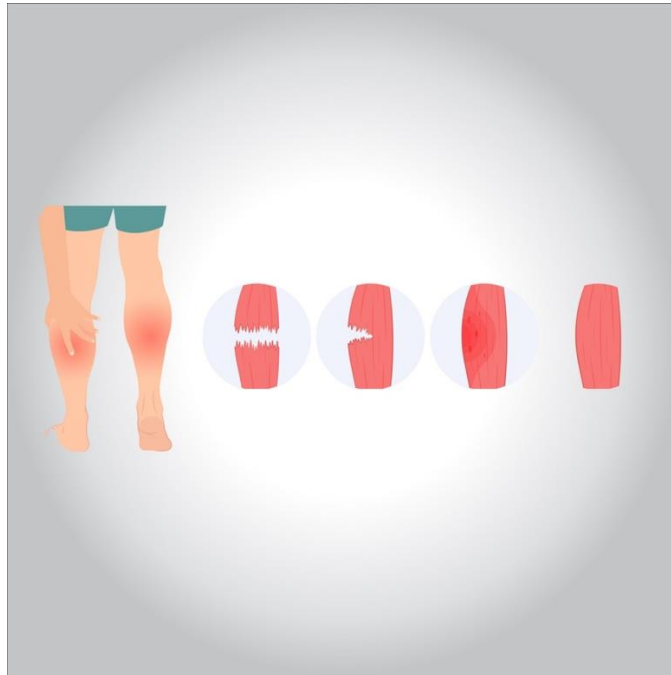


# Muscle Rupture (Strain)



**It is a rupture of the cyst encapsulated in the muscles, muscle fibers, or tendons as a result of intense, sudden and severe muscle exertion to a greater degree than the muscle's ability to endure this passive.**

## **Symptoms of muscle rupture:**

- **The pain of the place of injury**
- **Hearing a sound (crackle in the affected muscle)**

- **Swelling and hematoma, as a result of internal bleeding**
- **The inability of the affected muscle to function and the severity of the sensitivity**
- **The hematoma is evident around the site of the injury 48 hours after the injury**
- **In severe cases, the tumor lasts 72 hours after infection**
- **The high temperature of the affected part**
- **Change the skin color from natural redness to blue to yellow**

## **Treatment:**

- 1. Preventing the player from continuing to play with the injured member taking the best comfort positions**
- 2. The complete rest of the player physically and psychologically to avoid a shock to the player, while not moving the injured part**
- 3. The cooling compress continues to work within 48: 72 hours, at a rate of 4: 5 times a day**
- 4. Make a suitable compression band around the place of injury**

- 5. You must have complete control of bleeding and internal spillage by the necessity not to use the muscle and to rest completely**
- 6. Placing the affected muscle or muscles in a fully relaxed position to reduce tension or contractions**
- 7. Negative comfort for the affected member according to the severity and degree of injury**
- 8. Raise the affected area above the heart to reduce blood flow to the affected area**
- 9. Avoid using all kinds of heat or massages throughout the acute period of injury to prevent further bleeding**