

SPRAINS & STRAINS

1. Follow DRABCD Action Plan
2. Follow the RICE Management Plan
 - R REST** the casualty and the injured part.
 - I ICEPACKS** (cold compress) wrapped in a wet cloth may be applied to the injury for 15 minutes, every 2 hours for 24 hour, then for 15 minutes every 4 hours for 24 hours.
 - C COMPRESSION** apply elastic bandage, firmly to extend well beyond the injury.
 - E ELEVATE** the injured part.
3. Seek medical aid.



Note: If there is a lot of pain, manage the injury as a fracture and seek medical aid.