SPRAINS & STRAINS
Managing sprains and strains

Signs & symptoms

Sprain
• intense pain
• restricted mobility
• swelling and bruising around injury joint
  develops quickly

Strain
• sharp, sudden pain in the injury region
• loss of power
• tender muscle

Management

1. Follow DRSABCD

2. Follow the RICE management plan:
   • REST the patient and the injured part.
   • Apply ICEPACK (cold compress) wrapped in a wet cloth to the injury for 15 minutes every 2 hours for 24 hours, then for 15 minutes every 4 hours for 24 hours.
   • Apply COMPRESSION elastic bandage firmly to extend well beyond the injury.
   • 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.

In an emergency, call triple zero (000) for an ambulance

For more information on St John first aid training and kits, visit www.stjohn.org.au or freecall 1300 360 455

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