

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

NOTE

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

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

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