

# WHEENK! WEALTH

## GOT SPRAINS? GET RICE! REDUCING THE EFFECTS OF INJURY

WARMING UP, STRENGTHENING YOUR MUSCLES AND COOLING DOWN AFTER ANY TYPE OF EXERCISE ARE EXCELLENT WAYS TO HELP PREVENT SPORTS INJURIES.

UNFORTUNATELY, EVEN WHEN TAKING THESE AND OTHER PRECAUTIONS, INJURIES STILL OCCUR. ONE OF THE MOST COMMON INJURIES THAT WE HAVE ALL PROBABLY EXPERIENCED IS EITHER A SPRAIN OR A STRAIN.

**WHAT IS THE DIFFERENCE BETWEEN A SPRAIN AND A STRAIN?** A SPRAIN IS AN INJURY TO A LIGAMENT, WHICH CONNECTS BONE TO BONE. A STRAIN IS AN INJURY TO A MUSCLE OR TENDON.

**WHAT ARE THE CAUSES OF A SPRAIN OR STRAIN?** SPRAINS AND STRAINS ARE USUALLY CAUSED BY A FALL OR A TWIST OF THE BODY. ANY AREA OF THE BODY IS SUSCEPTIBLE TO THIS TYPE OF INJURY. DEPENDING ON THE PARTICULAR SPORT, SOME AREAS ARE MORE AT RISK THAN OTHERS. FOR EXAMPLE, GYMNASTS AND TENNIS PLAYERS ARE MORE LIKELY TO SUFFER HAND AND ELBOW SPRAINS AND STRAINS WHILE BASKETBALL AND SOCCER PLAYERS ARE AT GREATER RISK FOR INJURING THEIR KNEE AND/OR ANKLE.

**WHAT ARE THE SYMPTOMS OF A SPRAIN OR STRAIN?** EVIDENCE OF A SPRAIN OR STRAIN MAY BE PAIN, BRUISING, INFLAMMATION OR SWELLING OF THE AFFECTED AREA. AT TIMES, YOU MAY NOT BE ABLE TO PUT WEIGHT ON THE AREA OR MOVE IT.

**HOW SHOULD I TREAT THE SPRAIN OR STRAIN?** THE FIRST STEP IN TREATING A SPRAIN OR STRAIN IS WITH R.I.C.E (REST, ICE, COMPRESSION, ELEVATION).

- **REST:** IF YOU DO NOT ALLOW FOR HEALING THERE CAN BE INCREASED TISSUE DAMAGE.
- **ICE:** ICE HELPS DECREASE BLOOD FLOW, WHICH DECREASES TISSUE DAMAGE AND RESULTS IN LESS BRUISING AND SWELLING. ICE SHOULD BE APPLIED IN 15 MINUTE INTERVALS WITH AT LEAST AN HOUR BETWEEN APPLICATION.
- **COMPRESSION:** APPLYING COMPRESSION DETERS BLOOD ACCUMULATION AND SWELLING. APPLY DIRECT PRESSURE OVER THE INJURY AND WRAP WITH AN ELASTIC BANDAGE. DO NOT LEAVE OVERNIGHT, YOU MAY CONSTRICT BLOOD FLOW TOO MUCH.
- **ELEVATION:** ELEVATE THE BODY PART ABOVE THE LEVEL OF YOUR HEART. THIS WILL DECREASE BLOOD FLOW, LIMIT FLUID POOLING AND AIDS IN HEALING BY RETURNING THE COLLECTION OF DEBRIS (SWELLING) BACK TO THE HEART.

RECOVERY TIME DEPENDS ON YOUR AGE, GENERAL HEALTH, AND THE SEVERITY OF THE SPRAIN OR STRAIN. A MORE SEVERE SPRAIN OR STRAIN MAY REQUIRE PHYSICAL THERAPY OR SURGERY. CONSULT A MEDICAL PROFESSIONAL FOR PROPER DIAGNOSIS AND TREATMENT. PLAY HARD, BUT PLAY SAFE!

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