

**ARC Meeting:**

**4/4**

**Sprains & Strains**

# Officer Positions for Next Year!!!

## DUE APRIL 5TH

### Second Treasurer:

- Lead any fundraising projects
- Tasked with maintaining and tracking club's finances
- Participating in discussions on how to increase revenue

### Event Coordinator

- Coming up with new ideas for club events
- Leading the workload for necessary scheduling and planning for events (other officers will help, however it will mostly be the event coordinator's responsibility)

# Sprains vs. Strains

## Sprains:

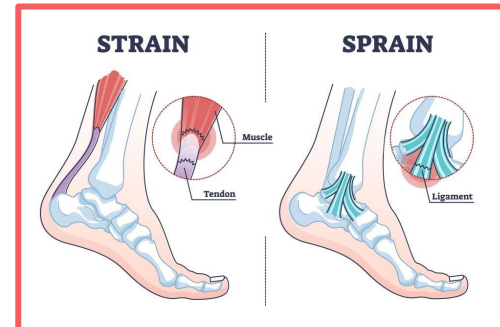
- A stretch or tear in the **ligaments** or **joints**
- **Results from:**
  - When the joint is forced to move in an unnatural position (or past its range of motion)
  - Ex: "twisting" an ankle overstretched ligaments

## Strains:

- A stretch or tear in the **muscle** or **tendon**
- **Results from:**
  - Overstretching
  - Muscle imbalance
  - Unusual muscle contractions
  - Improper warm ups
  - etc.

## Common symptoms: (similar for both)

- pain/tenderness
- limited motion & strength ability
- swelling



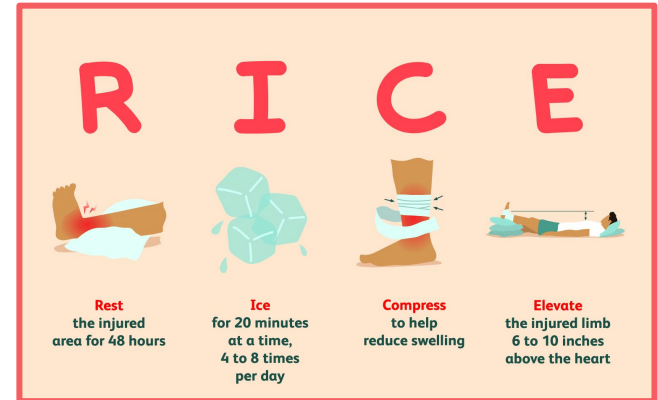
# Treatment for Sprains and Strains

- **Rest:**
  - Avoid activities that cause pain, swelling or discomfort
  - don't avoid all physical activity.
- **Ice:**
  - ice immediately for 15 to 20 minutes and repeat every two to three hours
- **Compress:**
  - compress the area with an elastic bandage until the swelling stops
  - Don't wrap it too tightly or you may hinder circulation
  - Begin wrapping at the end farthest from your heart.
  - Loosen the wrap if the pain/numbness increases
- **Elevation:**
  - Elevate the injured area above the level of your heart

\*\*Some doctors recommend avoiding NSAIDS (non-steroidal anti-inflammatory drugs)— such as aspirin,

ibuprofen (Advil, Motrin IB, others) and Aleve — during the first 48 hours after a muscle strain.

\*\*Tylenol & other purely pain relievers are okay



# Rehabilitation Process

\*\*Exercises for different types of sprains and strains vary

However, all sprains and strains follow the same rehabilitation processes:

- Range-of-motion exercises (1st)
- Stretching exercises (2nd)
- Strengthening exercises (3rd)
- Balance and control exercises (4th)

Examples with **ankle sprains**:

ROM exercises: ankle alphabet-trace letters with foot

Stretching: calf stretch-seated with knee straight

Strengthening: ankle eversion- push foot outward from neutral position

Balance: single leg balance: balance on one leg