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The Boys' Brigade 99<sup>th</sup> Singapore Company  
A CCA from Canberra Secondary School



## Module 8: Treatment of Strains and Sprains

Ligaments, muscles and tendons are the softer structures and tissues surrounding our bones and joints. Often, they are also the easiest to be injured by overstretched, partial or complete torn due to violent or sudden movement. During sporting activities, strains and sprains are occurs frequently. As such the responsibility of a First Aider in situation as such revolves Reducing Swelling/Pain and obtaining medical aid if necessary. Under normal circumstances, strains and sprains are not life-threatening unless complication occurs.

### Recognition of Strains/Sprains

Pain and tenderness  
Difficulty in moving the injured part, especially if it is a joint.  
Swelling and bruising in the area.

On the onset of strains/sprains, a suitable treatment is characterised as **R I C E**.

<b>R</b>	Rest	Rest the injured part
<b>I</b>	Ice	Apply Ice or cold compress
<b>C</b>	Compress	Compress the injury
<b>E</b>	Elevate	Elevate the injured part

Even though many people have strains and sprains, how you asked yourself, why does it swell?

Well, in terms of swelling occurs in injuries that has relationship with bleeding. Often, strain and sprains swellings as the soft tissues are damaged breaking certain blood vessels. As such, when blood comes out of the vessels, it cause a red colouration commonly noticed as bruises. Tenderness and swelling may set in depended on the position of injury.

What if we do not treat strains and sprains properly?

Should the soft tissue be overstretched, give it a few weeks, pain will go away which much medical attention. However, if the tissue is torn partially or totally, it can result in extreme pain and lack of mobility/functionality of the injury site.

Material adopted from First Aid Manual 8<sup>th</sup> Edition

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