

How are Sprains and Strains Treated

4

SIMPLE STEPS

Rice Therapy

Reduce Swelling and Pain

Treatments for sprains and strains are similar and can be thought of as having two stages. The goal during the first stage is to reduce swelling and pain. At this stage, health care providers usually advise patients to follow a formula of rest, ice, compression and elevation (RICE) for the first 24 to 48 hours after the injury.

Rest

Reduce regular exercise or activities of daily living as needed. Your health care provider may advise you to put no weight on injured area for 48 hours.

Ice

Apply an ice pack to the injured area for 20 minutes at a time, four to eight times a day.

Compression

Compression of an injured ankle, knee, or wrist help reduce swelling.

Elevation

If possible, keep the injured ankle, knee, or wrist elevated on a pillow, above the level of the heart, to help decrease swelling.

It is important that moderate and severe sprains and strains be evaluated by a health care provider for appropriate treatment

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