

Sprains and Strains

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Overview

- Definitions
- Causes
- Symptoms
- Treatment
- Prevention
- Professional Intervention

What are Sprains and Strains?

- Sprain: An injury to a ligament
- Strain: An injury to a muscle or a tendon

Causes of Sprains/Strains

- Chronic
- Acute
 - Falls
 - Rotational Forces
 - Contact Forces

Signs and Symptoms

- Pain
- Muscle Spasms
- Muscle Weakness
- Swelling
- Cramping
- Loss of Motion

Treatment

- Rest
- Ice
- Compress
- Elevate
- Ibuprofen

Prevention

- Maintain a Healthy Weight
- Avoid exercising/sports when overly fatigued
- Appropriate Footwear
- Exercise Daily
- Warm Up
- Stretch
- Protective Equipment

Weight Management

- Body Mass and Joint Forces

Exercise/Fatigue

- Fatigue/Conditioning
- Warm Up
- Stretch

Stretching

- General
 - Neck
 - Shoulders
 - Back
 - Quads
 - Hams
 - Wrist
 - Calf

Equipment

- Footwear
- Bracing
- Helmets

Injury Assessment

- Symptoms
- Diagnosis
- Referral

Questions

Arnold Palmer

“You Must Play Boldly to Win”

