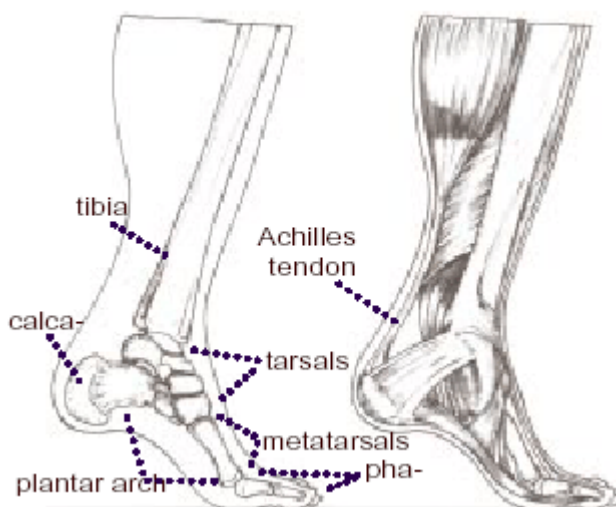


SPRAIN MANAGEMENT

Sprains are a common occurrence in both sports and everyday life, their debilitating effects have equal measure in the young and old alike. The challenge is to reduce the immediate damage within the tissue and return normal mobility as quickly as possible.

1. Reduce the swelling by elevating the effected limb – straight away.
2. Apply a cold compress as soon as possible around the limb, not just on it – Ice wrap.
3. Keeping pressure on the injury using an Ice wrap delivers the compression also.
4. Resting the injury – Do not limp on the ankle or use any part of the injured limb.
5. Complete rest over a 24 hour period enables the tissue to regenerate and mend.
6. Applying a topical anti-inflammatory cream or gel will reduce recovery time.
7. NSAID's – Orally are full of hidden dangers and should be avoided at all costs.
8. Severe sprains with complete rest will recover as quickly if not quicker without NSAID's.

The Foot and Ankle



Ensure when applying the compress and the topical cream/gel that you try to follow the ligament patterns of the limb covering 4 inches above and below the injury site. The images above and below offer a guide for the ankle and wrist only

