



STRAINS, SPRAINS, AND JOINT PAIN

TASK: Teach your element how to care for an injury when it happens.

CONDITIONS: Discussion – Question based

STANDARDS: Understand the concept of RICE for basic injuries and when to seek medical help.



STRAINS, SPRAINS, AND JOINT PAIN

There are over 600 muscles in the human body! Muscle pain happens when you strain or pull a muscle during exercise or other physical activity. Muscle pain may also be from getting hit by something, like a baseball.

Joints – shoulders, spine, elbows, wrists, hands, hips, knees, ankles or feet – are where our bodies bend. Using a joint **TOO MUCH** or in the **WRONG WAY** can cause pain. Strains and sprains are the most common cause of joint pain.



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OUCH! I hurt myself, what should I do?

Minor strains, sprains and joint pain respond well to early self-care.

Use the acronym R-I-C-E to remember self-care measures.

REST: If possible, rest the injured area from strenuous activity for 1 to 2 days.

ICE: Put a cold pack on the injured area for 20 minutes. Do not put directly on your skin as ice can burn. Repeat every 2 to 3 hours the first day or two, especially immediately after activity.

DO NOT USE HEAT UNLESS DIRECTED BY A MEDICAL PROVIDER.

COMPRESSION: Wrap an elastic bandage, like an ACE bandage, around the injured area to help reduce swelling.

ELEVATION: When possible, raise the injured body part above the heart to help reduce swelling (ie, lie on your back with your foot on a pillow).



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When should I seek medical help for Joint Pain?

Get medical help right away IF:

- The joint very badly bruised
- The joint hot, red and swollen

Go to sick call IF:

- You hurt this joint in the past few days
- You have a fever
- The swelling around this joint gotten worse over the last day
- The pain in this joint gotten worse over the past day
- You have had this pain for more than 2 weeks



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When should I seek medical help for Muscle Pain and Bruises?

Get medical help right away IF:

- The muscle is very hard and tender

Go to sick call IF:

- The muscle was hit by something recently, like a baseball
- If the pain is in your calf muscle and hurts at rest
- The swelling in this muscle has gotten worse over the last day or you have seen color changes in your skin
- You have soreness that is not near the injured area
- The pain in this muscle has gotten worse over the past day
- The pain has made it hard to move any of your joints
- You have had this pain for more than 5 days