

CARE OF YOUR SPRAIN/STRAIN

A **sprain** is a soft tissue injury to a joint. A **strain** is a soft tissue injury to muscle or tendon. Strains produce varying degrees of stretching or tearing of the soft tissues causing pain and swelling. Even though no bones are broken, a sprain can be a disabling injury lasting 3-6 weeks. Proper care will ensure proper healing.

P - Protect the injury. You may require a brace or splint.

R - Rest the injured limb. Use crutches/cane as instructed. Gradually start to put weight on the injured part as pain decreases.

I - Ice injured limb 15-20 minutes every 2 hours for the first 24-48 hours after injury. Cold will reduce and prevent pain and swelling. After 48 hours, you may use moist warm packs or soaks for 15 minutes 2-4 times a day. Heat will help relieve stiffness and soreness.

C - Compression will reduce swelling. Apply a tensor wrap as directed. Wrap tensor snugly, but loosen if you feel numbness, tingling, or increased pain to fingers/toes. Use a tensor until swelling has stabilized and improved.

E - Elevate injured part above heart level during the first 24-48 hours after injury.

Take prescribed medication for pain, if needed. Increase use of injured limb slowly as instructed by doctor. You will need to exercise it slowly to improve muscle strength.

CAST CARE

Your cast has been applied to aid your body in it's healing. The cast should restrict movement of your injured limb, and therefore aid in pain reduction. Your doctor, may or may not have recommended medication, depending on your injury. If you experience:

- Pain
- Increased swelling, tightness in cast
- Inability to move fingers/toes of casted limb
- Inability to feel fingers/toes of casted limb
- Looseness in cast that leads to increased movement/pain
- Foul odour/drainage from cast

If you experience any of the above symptoms please contact your doctor

Please do:

- Move fingers and toes frequently to help reduce joint stiffness and swelling
- Elevate casted limb when necessary, above heart, to help decrease swelling
- Keep your cast dry
- Do not put any powders, baking soda, lotions, perfumes, etc. down your cast. They can harm your skin.

**IF YOU HAVE ANY
QUESTIONS OR CONCERNS,
CALL**

**YOUR DOCTOR'S OFFICE,
OR
HEALTH LINKS**

**Pan Am Minor Injury Clinic
Hours of Operation**

**Monday - Friday
8:00 am to 6:00 pm**

**Weekends and Holidays
8:00 am to 3:00 pm**

Pan Am Clinic

Casting Department

75 Poseidon Bay
Winnipeg, Manitoba, Canada R3M 3E4



**Casting
Department**

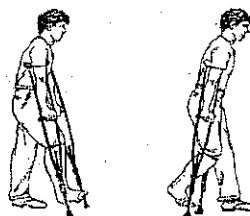


Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé

PAC-0066 05/08

CRUTCHES

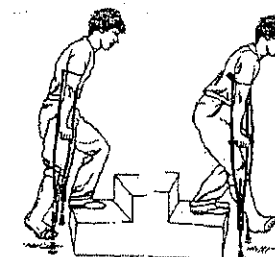


Method

- Move crutches and affected leg forward a regular step ahead
- Place weight on hands (not on armpits)
- Press elbows in towards body
- Bring good leg through in front of crutches
- Transfer weight onto good foot
- Repeat

Going up stairs

- Get close to stairs
- Put weight on your crutches and step up with your good leg
- Shift your weight forward
- Stand up straight, bringing the injured leg and crutches up last



Going down stairs

- Lower crutches and injured leg
- Put your weight on the crutches
- Step down with your good leg