

SPRAINS

Symptoms:

- Swelling
- Bruising
- Throbbing pain

Treatment : First 48 Hours

- **Rest**
- **Ice:** Use ice to control swelling and relieve pain. A wet towel with ice or ice pack may be used. Be careful not to freeze the skin – apply for 20 minute intervals
- **Compression:** Use an Ace Bandage
- **Elevation:** Raise the area comfortably above the level of the heart.
- Over-the-counter pain relievers, ibuprofen or Aleve may also be used.

Seek medical attention if:

- Numbness or tingling occurs
- Poor circulation
- No improvement after one week.