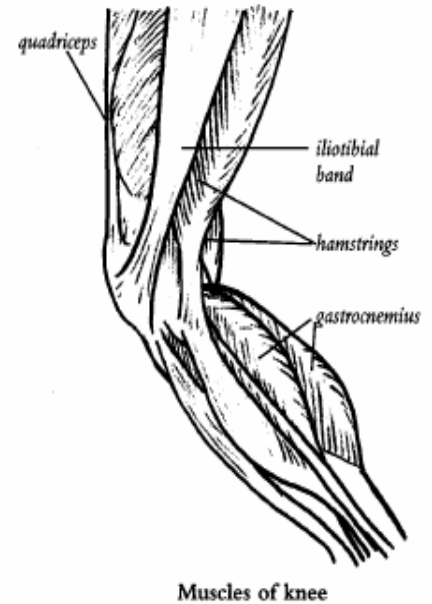


## MUSCLE STRAIN

- **WHAT IS IT?**

Injury to muscle when a muscle is stretched or pulled due to an excessive load. This can occur during quick, explosive starting, stopping, or cutting while running. The injured athlete may feel a “pop”, pulling, or tearing sensation in the involved muscle. This usually results in severe pain and inability to run and may cause a painful limp during walking.



- **SIGNS AND SYMPTOMS?**

- Pain with motion of the joint involving the injured muscle
- Pain, tenderness, swelling at the site of injury
- Bruising may appear in the area of injury (24-48) hours after injury

- **WHAT CAN I DO TO PREVENT MUSCLE STRAINS?**

- Adequate warm-up prior to physical activity
- Maintain flexibility through regular stretching

- **HOW DO I TREAT MUSCLE STRAINS?**

- Light Stretching
- R.I.C.E. = Rest, Ice, Compression, Elevation.
- The RICE Method will decrease inflammation and swelling of the affected area.
- Remember to ice and elevate for 20 minutes, twice a day, and to elevate above your heart.
- Compression bandages should not restrict circulation!!!
- If symptoms limit ability to walk, or if associated with blue/ black coloration and swelling, see a physician.