

Sprain and strain



St John

IN A MEDICAL EMERGENCY CALL TRIPLE ZERO (000) FOR AN AMBULANCE.

DRSABCD Danger ► Response ► Send for help ► Airway ► Breathing ► CPR ► Defibrillation

The DRSABCD Action Plan is the first step when providing first aid. Use this to assess the immediate situation.

WARNING

It can be difficult to tell whether an injury is a fracture, dislocation, sprain or strain. If in doubt, always treat as a fracture.

SIGNS AND SYMPTOMS

Sprain

- intense pain
- restricted movement of the injured joint
- rapid development of swelling and bruising

Strain

- sharp, sudden pain in the region of the injury
- usually loss of power
- muscle tenderness

WHAT TO DO

- 1 Follow DRSABCD.
- 2 Follow **RICE**:
 - **Rest** – rest the patient and the injured part
 - **Ice** – apply an ice pack or cold pack for 15 minutes every 2 hours for 24 hours, then for 15 minutes every 4 hours for 24 hours
 - **Compression** – apply a compression bandage firmly to extend well beyond the injury
 - **Elevation** – elevate the injured part.
- 3 Avoid **HARM**:
 - Heat
 - Alcohol
 - Running or other exercise of the injured area
 - Massage.
- 4 Seek medical aid.

YOU COULD SAVE A LIFE WITH FIRST AID TRAINING WWW.STJOHN.ORG.AU • 1300 360 455

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