

Sprain / Strain

First Aid Fact Sheet



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 & 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 RICER:
 - **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.
 - **Refer** - refer them to a medical professional
3. Avoid HARM:
 - **Heat**
 - **Alcohol**
 - **Running** or other exercise of the injured area
 - **Massage.**
4. Seek medical aid.

In a medical emergency call Triple Zero (000)

You could save a life with First Aid Training

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