

## Sprains and strains

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

### Signs and symptoms

#### Sprain

- ▶ intense pain
- ▶ restricted mobility
- ▶ rapid development of swelling and bruising.

#### Strain

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

### What to do

1. Follow DRSABCD.
2. Follow the RICE management plan:
  - ▶ REST the casualty and the injured part.
  - ▶ Apply ICEPACK (cold compress) wrapped in a wet cloth to the injury for 15 minutes every 2 hours for 24 hours, then for 15 minutes every 4 hours for 24 hours.
  - ▶ Apply COMPRESSION elastic bandage firmly to extend well beyond the injury.
  - ▶ ELEVATE the injured part.
3. Seek medical attention if no improvement.



### First Aid

In a medical emergency  
call **Triple Zero (000)**

**FIRST AID SAVES LIVES**

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**Book a first aid course with St John Ambulance today  
and be prepared in case of an emergency.**