

## Treatment for Bruises, Sprains, and Strains

1. Ice Therapy – will constrict blood vessels to help reduce and/or prevent swelling
  - a. Treatment time should be 20 minutes on and 2-3 hours minimum before re-applying ice
  - b. Continue for first 72 hours after initial injury
  - c. Treatment will be done at least 2-3 times daily
  - d. **HEAT SHOULD NOT BE USED FOR THE FIRST 72 HOURS FOLLOWING INJURY!**
  
2. Compression – helps to reduce and/or prevent swelling
  - a. Wrap injured area with Ace bandage to control swelling
  - b. Always wrap from the bottom of the injured area to past the top of the injury to prevent pooling of swelling below the injured area
  - c. Ace bandages should be taken off before going to bed and then put back on upon waking
  
3. Elevation – gravity will help to reduce and/or prevent swelling
  - a. Raise the injured body part while applying ice to the area
  - b. Injured area must be above the level of the heart or hips
  - c. Elevate injured area with pillows or blankets
  - d. Elevation should continue while the athlete is sleeping
  
4. Rest – prevents further aggravation and swelling of the injury.
  - a. Crutches may be used if mobility is painful
  - b. Should have as little activity as possible for injury
  
5. Pain – very common in these types of injuries
  - a. May try to limit range of motion to decrease amount of pain
  - b. May wish to take Tylenol or Advil to help control pain

If your son/daughter is taken for medical evaluation, we **must have** a medical release form **from the physician** before they will be allowed to return to participation.