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FACULTY OF NURSING



**RAMA
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SPRAIN AND STRAIN

M.Raghavendran M.Sc(N)

Professor

MSN Dept

Sprain

A sprain is an injury to tendino ligamentous structures surrounding a joint. Usually caused by a wrenching or twisting movement.

Types

- First degree:
 - Few fibers resulting in mild tenderness
- Second degree:
 - partial disruption of the involved tissues
- Third degree:
 - complete tearing of ligaments
- The most common area is ankle and wrist

Strain

A strain is an excessive stretching of a muscle and its fascial sheath. It often involves tendon.

Types

- First degree:
 - mild or slightly pulled muscle
- Second degree:
 - moderately torn muscle
- Third degree:
 - severely ruptured muscle

Clinical Manifestations

- Pain
- Odema
- Decrease in function and
- Contusion

Complications

- Avulsion fracture
- Hemarthrosis

Diagnostic Evaluation

- X- ray
- History Collection and
- Physical Examination

Management

- Stopping the activity and limitation of movement
- Applying ice compresses to the injured area
- Compressing the involved extremities
- Elevating the extremity
- Providing analgesia as necessary

Cont...

- RICE – Rest, Ice, Compression and Elevation
- Using cold compress causes vasoconstriction and a reduction in the transmission and perception of nerve pain impulses.
- Ice application should not exceed 20 – 30 min allowing a warm up of 15 – 20 min between the application.

Health Promotion

- Stretching and warm up prior to exercising and before vigorous activity will reduce sprains and strains.