Sprains result from over-stretching or tearing of the joint capsule or ligament which attaches a bone to another bone.

Sprains are along the joint and strains are along the muscle. Examples include: pain, muscle spasm, muscle weakness, swelling and a pop or crack sensation or sound.

Sprains result from trauma such as falling or twisting and most often affect the knee, shoulder, and ankle.

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Symptoms
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Causes
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Treatments
For mild injuries, use P.R.I.C.E.

Protection: If injured, stop playing and protect the injured part from further damage. Avoid putting weight on the injured part, get help moving to a safe area off the field. Protect the injured area with splints, braces or crutches if needed.

Rest

Ice: 15-20 minutes

Compression: apply a wrap starting at the point furthest from heart with tightness decreasing as you go toward the heart. Wrap should be snug but not cause numbness/tingling.

Elevate: above the heart while icing.

Prevention
Sprains and strains can benefit from rehabilitation exercises and activity. Sometimes anti-inflammatories are recommended to help with inflammation. Please contact your physician before taking any medications.