

SPRAINS

Sprains are traumatic injuries caused by the momentary separation of joint surfaces (ankle, knee, hip, neck) resulting in a ligament injury.



Types of sprain:

First Degree: Distension

Second degree: Tear

Third Degree: Rupture of one or several ligaments

Symptoms:

Intense pain.

Swelling in the area.

Difficulty when moving the limb because of the pain.

Redness and local temperature increases.

First aid steps if you suspect that there is a SPRAIN: R-I-C-E

Rest for the affected limb.

Ice: apply ice to the injury.

Compression: Immobilize the affected joint.

Elevation: Keep the affected limb in a raised position.

Assessment of the injury by medical professionals.