

Sprains and strains are injuries to muscle, tendon and ligament tissue that occur when the tissue has been stretched beyond its normal range of motion. These injuries can vary from a slight overstretch of the tissue all the way to a complete rupture. To best care for your injury please follow the guidelines below.

- Apply Ice: 15-20 minutes on and one hour off for the first 24 – 72 hours.
- Apply pressure with an Ace (tensor/elastic) bandage; start below the injury site and wrap upwards to help minimize and decrease swelling (bandage can be worn all waking hours).
 - If you lose sensation in your limb, remove the bandage until sensation has returned.
 - DO NOT SLEEP WITH BANDAGE ON.
- Elevate the injury site whenever possible (pillow under legs, books under the end of bed, etc).
- Limit weight bearing activities or using the injured extremity if painful; avoid limping if lower body injury.
- Limit painful ranges of motion.
- Use pain as your guideline when resuming activity - if it hurts, don't do it!!!
- IF PAIN AND LIMITATIONS/IMPAIRMENTS PERSIST OR WORSEN, SEEK FURTHER MEDICAL ATTENTION.
- For injuries to ligaments (sprains), non-steroidal anti-inflammatory medications (NSAIDs) such as Ibuprofen and Aleve can be taken for up to five days from the initial injury to manage pain and swelling. If medications are still needed after five days, Acetaminophen (Tylenol) can be used.
- If you have been referred to a physician as a result of your injury, it is your responsibility to ensure you see a physician and follow all physician guidelines prior to resuming participation in any RecSports program.
- If you are a Sport Club participant and would like further care, you can make an appointment with the Athletic Trainers at <https://recsports.ufl.edu/sports/sport-clubs/athletic-training/>
- It is strongly recommended that you seek further care with a physician. Physicians are located at the Student Health Care Center on campus and take walk-ins within 72 hours of the initial injury.