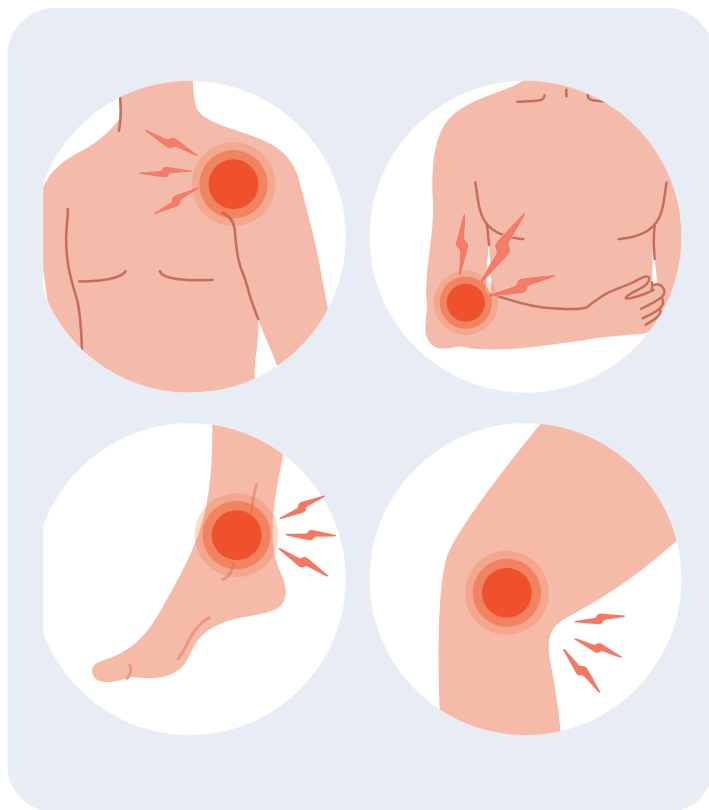


Sprain

When to seek same-day **medical** care

- You have numbness, tingling or a loss of feeling.
- You heard a crack or a pop when the injury occurred.
- You are unable to put weight on your leg or arm.



When to seek **professional** help

- Despite icing, the site is still very swollen after 2 days.
- You have a large bruise (hematoma) or a change in skin colour.
- You are having trouble getting back to your normal activities.

How to get **help**

- 24/7, dial **811**
- Make an appointment with a physiotherapist
- Call your pharmacist
- Call your clinic to make an appointment
- If you do not have a doctor, dial **811 option 3**
- Find an appointment on rvsq.gouv.qc.ca

This booklet is not intended to replace the advice of a medical professional, nor is it intended to be a substitute for medical care.

All content available on sante.quebec

Sprains are most commonly seen in the feet, knees, shoulders, hands and elbows. They are very painful. The resulting swelling can be quite impressive and the injury site can swell to the size of an orange.

What to do at home



Cold: Ice the site of the injury for 10 minutes, 4 times a day. Wrap the ice in a thin towel to avoid burning the skin.



Medication: If there are no contraindications, take medications such as acetaminophen (Tylenol®) or ibuprofen (Advil®). Follow the pharmacist's instructions and suggestions.



Bandage: To help control the swelling, wrap the injured area with an elastic bandage, but not too tightly. Undo and rewrap the bandage a few times throughout the day and remove at bedtime.



Elevate: If possible, elevate the injured body part above your heart.



Healing: Gradually return to your normal activities, and avoid sudden movements.