

Preventing Strains and Sprains Infographic



HOW DO I KNOW WHAT TYPE OF INJURY I HAVE?



A physical examination by a qualified medical professional



An X-ray may be necessary to distinguish between a strain and fracture



STRAIN:

AN OVERSTRETCHED OR PARTIALLY TORN MUSCLE

Most common locations:
Back, neck, hamstring

Symptoms:
Sudden pain, soreness, limited range of movement

Healing time:
Mild: 1-2 weeks
Severe: 3-4 months



SPRAIN:

A STRETCHED OR TORN LIGAMENT

Most common locations:
Ankle

Symptoms:
Pain, heat, swelling

Healing time:
Mild: 1-2 weeks
Severe: 3-4 months



FRACTURE:

A BROKEN BONE

Most common locations:
Wrist, ankle, hip

Symptoms:
Pain, swelling, bruising

Healing time:
Average 4 weeks



**If you are injured, get medical attention right away.
A fracture or tear that is not treated properly
can cause long-term problems.**