

SPRAINS, STRAINS, & TENDONITIS

A PARENT'S GUIDE TO SIGNS, SYMPTOMS, TREATMENT & PREVENTION

SPRAINS

A sprain occurs when your ligaments are stretched too far which can result in tear or loss of elasticity in the ligament. Oftentimes you will feel a sharp pain and may hear or feel a pop.

SPRAIN PREVENTION

Wearing proper equipment and protective gear, like an ankle brace, can help prevent sprains. Making sure that the muscles surrounding your ligaments are strong is also crucial in preventing sprains. A proper warm up and cool down help to prevent sprains as well.

STRAINS

A strain occurs when a tendon or muscle is stretched too far and either tears or loses elasticity. Oftentimes you may feel a sharp pain when it initially occurs and you may hear or feel a pop.

STRAIN PREVENTION

Stretching your muscle is a great way to prevent strains. Make sure that you are not bouncing when you stretch. The best technique is the stretch and hold method. Hold the stretch for 20-30 seconds, rest, and then repeat approximately three times.

A dynamic warm up is also important in preventing strains. When performing a dynamic warm up, you go through motions that you use while playing your sport. For example: high knees, high kicks, lunges, grapevines, etc.



TENDONITIS

Tendonitis occurs when there is inflammation of the tendons, usually due to overuse. Most people with tendonitis will often complain of a dull, achy pain.

TENDONITIS PREVENTION

Unfortunately, there is not a lot one can do to prevent tendonitis. The best thing that can be done is to ensure that you are getting plenty of rest from your activity and the proper recovery. Proper technique or body mechanics for your specific activity may also reduce your risk of tendonitis.

TREATMENT

The primary treatment for concussion is physical and mental rest.

- In the first few days, allow plenty of down time and have the athlete avoid activities such as sports, PE, driving, video games and studying
- Doing too much too soon may worsen symptoms and prolong recovery



SPRAINS, STRAINS, & TENDONITIS (CONT.)

Acetaminophen (Tylenol®) may be given for headaches, but no other medications should be given without a doctor's approval.

SPRAINS, STRAINS & TENDONITIS TREATMENT

These can affect all areas of the body. Recommended treatment is the **PRICE** formula:

Protect the area with a sling or crutches, if necessary.

Rest the injured area.

Ice the injury for 20 minutes at a time. Do not apply the ice directly to the skin.

Compress the injured area with a wrap. Do not pull tightly, as this can cut off circulation.

Elevate the injured area above the heart.



SSM HEALTH CARDINAL GLENNON SPORTSCARE

SSM Health Cardinal Glennon SportsCare is the premier pediatric sports medicine provider in St. Louis and St. Charles. We provide exclusive, direct access to comprehensive medical care for young athletes. By working with multiple specialists and care partners, we guarantee your child will get the top care that is best suited to treat their unique injury, improving recovery time and outcome.

Specialists your child has access to through SSM Health Cardinal Glennon SportsCare include orthopedists, pulmonologists, cardiologists, radiologists, neurologists, emergency medicine physicians, adolescent medicine physicians, rehabilitation specialists, physical therapists, nutritionists and pediatric psychologists.

Partners your child has access to through SSM Health Cardinal Glennon SportsCare include SSM Health Cardinal Glennon Children's Hospital, SSM Health

Orthopedics, SSM Physical Therapy and SLUCare Physician Group of Saint Louis University. We also keep kids in the game through educational programs and support for parents, coaches and athletes that focus on injury prevention, proper technique and overall athletic health.

For more information about SSM Health Cardinal Glennon SportsCare or to find a specialist for your athlete, call us at **314-577-5640** or visit us at cardinalglennon.com/sportscare.

Expert care for young athletes by SSM Health Cardinal Glennon Children's Hospital and SSM Health emergency medicine specialists, **24 hours a day in the ER** at: SSM Health DePaul Hospital, SSM Health St. Clare Hospital, SSM Health St. Joseph Hospital - Lake Saint Louis, SSM Health St. Joseph Hospital - St. Charles.



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