

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 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 THE 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!!!
- For injuries to muscles and/or tendons (STRAINS), do not take any NSAIDs (non-steroidal anti-inflammatory medications) (ie. Ibuprofen, aspirin, Aleve)
- For injuries to ligaments (SPRAINS) (non-steroidal anti-inflammatory medications) (ie. Ibuprofen, aspirin, Aleve) can be taken for up to five days from the initial injury to manage pain and swelling. If medication is still needed after five days, acetaminophen (Tylenol) can be used to help manage with pain.
 - All medications must be taken as instructed on the bottle.
- IF PAIN AND LIMITATIONS/IMPAIRMENTS PERSIST OR WORSEN, SEEK FURTHER MEDICAL ATTENTION.
- 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 at any time you have questions or concerns regarding your injury please contact the Athletic Trainers at:
 - Email: athletictrainers@recsports.ufl.edu
 - Phone: 352- 273- 2439
 - Room #140 E Southwest Recreation Center