

# Compare and contrast sprains and strains

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ID No. Sprains and Strains: Comparison and Contrast Sprain and strain are both tissue injuries, the former refers to ligament (connects bones to other bones) injuries while the latter is an injury to a muscle (tissue that allows body to move) or tendon (attaches the muscles to bone) (Wedro 1). The muscles in the body can shorten or elongate depending on the movement. The muscle works in coordination with the tendon to make a range of movements. Overstretching of the muscle or tendon can result to strain that makes the fibers lose their capability to contract. Sprain can result from a single strenuous activity or repetitious motion which can occur on the muscle, the tendon, and the muscle and tendon intersection. The ligaments allow the joints to move but only on particular directions. Joints that move in many directions need more sets of ligaments to keep the proper alignment of the joint. Sprain refers to the tear or overstretching of the ligament. Sprain and strain injuries are graded in the same manner: Grade 1 – overstretching; Grade 2 – part of the tissue is torn; and Grade 3 – the tissue is totally torn or ripped apart (Wedro 1). Both of them can also occur during sports, accidents and strenuous activities or tasks that require repetitive movements (2). The sprain and strain are treated according to the following regimen: Rest, ice, compression and elevation or RICE (4). Several weeks may be needed in order for the injured tissues to return to normal depending on the location and degree of damage. There is no need for total cessation of activity though. The movement of the affected area must be gradually increased until normalcy is regained and there is lesser or no pain at all. The first 24 to 48 hours after sustaining the injury is crucial and no movement must be made (Cluett 1). Rest of damaged tissue is enhanced through the use of sling, splint or crutch. Also, during the first 48 hours, <https://assignbuster.com/compare-and-contrast-sprains-and-strains/>

apply ice pack (or other devices such as paper cup with frozen water) every 3 to 4 hours for the duration of less 20 minutes so as not to damage the tissues further. Compression is used to press the swelling or apply a counterforce to the damaged tendon to realign it. A bandage wrap is used for this treatment. The wrapping must not be too tight so as to cut blood circulation. Elevating means that the injured part must be raised high, and higher than the heart if it can be done. The use of a pillow will be very helpful especially at nighttime. Rest may be sufficient for some injuries. However, some sprain types may require surgery. For painful injuries, pain relievers and medication may be prescribed by the physician.

#### Works Cited

Cluett, Jonathan. Sprain and Strain Treatment: RICE = Rest, Ice, Compress, Elevate. About. com. 5 November 2010. 18 June 2011. .

Wedro, Benjamin C. Muscle Sprains and Strains. MedicineNet. com. Ed. William C. Shiel Jr. 2011. 18 June 2011. .