

Rosewood Chiropractic Clinic

WHAT IS A SPRAIN/ STRAIN ...AND HOW LONG WILL IT TAKE TO FEEL BETTER?

A SPRAIN IS A JOINT INJURY IN WHICH SOME OF THE FIBERS OF A LIGAMENT ARE RUPTURED.

A STRAIN IS AN OVERSTRETCHING INJURY OR RUPTURE OF SOME PART OF MUSCULATURE.

- “Moderate” strain/sprains usually resolve in 3 to 4 weeks. Injuries beyond “moderate” may require 5 to 10 weeks.”

Lawrence D: *Fundamentals of Chiropractic Diagnosis and Management*, Baltimore, 1991, Williams + Wilkins.

- “Muscle or tendon repair: 10 days to 10 weeks. Ligament healing: 50% in 6 months, 80% in one year and 100% in 1 to 3 years.”

Pfeiffer, R., et al: *Concepts of Athletic Training*, 3rd edition, 1998, Jones and Barlett, Inc.

- “Moderate strains may take 2 to 4 weeks to heal. Moderate sprains may take 1 month to 1 year to heal.”

Huff L. et al: *Instant Access to Chiropractic Guidelines and Protocols*, St. Louis, 1999, Mosby.

- “Patients for whom care is necessary beyond 6 weeks may require up to 11 additional sessions before reaching maximum improvement.”

Triano, JJ., et al: *Journal of Manipulative and Physiological Therapeutics*, 15:24-29, 1992.

How to care for a Sprain/strain...

- Chiropractic adjustments to decrease pain and increase range of motion
- Ice packs over affected area for 20 minutes as advised
- Stretching exercises as advised
- Hot bath
- Avoid heavy lifting

- Getting adequate rest



Sprain/strains can occur performing the most routine tasks.

Sprain/strain recovery based on US workers' compensation data

Back sprains and strains

Avg. days off work : 38

Avg. days of medical treatment: 21

Other sprains and strains

Avg. days off work : 23

Avg. days of medical treatment: 8

Average conservative costs

Back: (US DATA 1984) \$308

Other: (US DATA 1984) \$167

Waddell, G. *The Back Pain Revolution*, Edinburgh, 1998, Churchill + Livingstone.