



Sprains and Strains

BACK2HEALTHWELLNESCENTRE

240 Catherine St, Suite 100 Ottawa, ON K2P 2G8
(613) 237-3306
www.back2health4you.com

Ever wonder what the difference is?

The obvious difference is one is written with a 'p' and the other with a 't' but we thought we might look a bit deeper than that!

A sprain is an overstretching or tearing of a ligament. Ligaments connect bones to other bones. A strain is an overstretching or tearing of a muscle tendon. Tendons attach muscles to a bone.

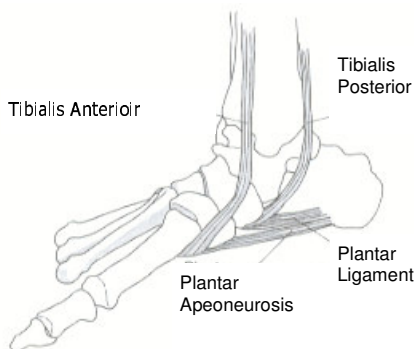
What causes it?

Sprains generally result from a twisting force applied to a joint while it is bearing weight, which causes the ligament to stretch beyond its natural limit. Muscle strains occur when the weight load on a muscle is greater than what the weakest part of the muscle can bear. Strains usually occur during activities that require a muscle to be stretched and bear weight at the same time. You are at risk for a sprain or strain if you do the following:

- Exercise without warming up properly.
- Use athletic equipment that does not fit properly.
- Participate in sports and activities that you are not conditioned for.

Dr. Barbara Rodwin B.Sc., D.C.,
D.Acu, A.R.T.
Keri-Lyn Dudgeon B.Sc.(H.K.)

Trevor Nootenboom R.M.T., A.R.T.
Rina McNairn R.M.T., A.R.T.
Jenny Wolfgram B.P.H.E., R.M.T., A.R.T.
Ken Flannery-Fleck R.M.T., A.R.T.
Lee-Ann Solomon R.M.T.
Erin Whyte R.M.T., A.R.T.
Jeffrey King R.M.T., A.R.T.



???? QUESTIONS ????

Please feel free to ask one of our health care team members about any of our treatment approaches.

Everybody responds differently to treatment. Find out which one may suit you best!

This month's talk is on
RUNNING FORM

Sept 15, 2004
6:00-7:00 pm

running to follow

If you are interested please sign up in the binder on the bookshelf located in the waiting area

If acute...try acupuncture!

The last thing you want to do is have someone move or even touched a recently injured area. Swelling and inflammation cause pain and there is often little that can be done in manual therapy aside from RICE (Rest, Ice, Compression, Elevation). However the one treatment that can help to rapidly alleviate such symptoms is acupuncture. Acupuncture is a viable treatment when an area is too painful

to even move. It can help to reduce swelling and soreness in the short term but also works to avoid chronic pain down the road. Dr. Rodwin is a certified acupuncturist and would welcome any question that you have in regards to sprains, strains or any other condition!

Special points of interest:

- ankle sprains and fractures occur in an estimated 1/10 00 per day.
- ankle injuries constitute up to 12% of the emergency room load.
- ankle sprains comprise approximately 14% of all sports-related problems.
- the lateral (towards the outside) aspect of the ankle is one of the most common sites for injury.

What can you do?

In the first 24-48 hours, think R - I - C - E!

Rest - stay off your feet, use crutches if necessary

Ice - Apply a bag of frozen vegetables or an ice pack to the ankle for 10-20 minutes every hour during the day

Compression - use an ankle brace (we have them here in the clinic) specifically for sprains to control the swelling. The wrap should be snug around your foot and slightly looser as you wrap toward your calf.

Elevation - When possible, keep the injured ankle above the level of your heart on a chair, bed, or sofa, to keep blood from pooling in your ankle. During the night place a cushion under the mattress of your bed so that the entire limb is raised thus helping to reduce the swelling.

Stretching is a very important component of rehabilitation. *Ask us for some specific stretches that will help strengthen and heal your specific injury - we can print some off for you easily!*

Let our healthcare team assess and evaluate your specific injury and from there we may suggest one, or a combination of, the following treatments.

- 1) Acupuncture
- 2) Massage Therapy
- 3) Active Release Technique ® (ART)
- 4) Chiropractic Care

Chiropractic Care

A significant number of people who visit chiropractors do so for sprain and strain injuries. Wrists, back, shoulders and ankles are only some of the areas that are effectively treated.

Ligaments as well as muscles help to stabilize bones and keep them functioning properly within a joint. A sprain or strain compromises this stability two-fold: One, by allowing bones to become misaligned causing reduced function and pain and two, by keeping the injured ligament or muscle tendon in a prolonged state of stretching. Either way, instability remains and can worsen over time.

Once a tendon or ligament has been injured it is much more susceptible to future injuries. Therefore, it is very important to make sure that everything is properly aligned before you start to strengthen the structures around the joint.

"You are much more likely to suffer from injury if you have already sprained an area once before"

Proprioception is key in rehabilitation of ankle injuries

Within each joint of our body are small receptors which help to stabilize and orient our bones and muscles. Have you ever noticed that on an uneven surface that your foot might wobble or quickly right itself so that you can put your full weight on it without rolling over it? That is the proprioceptors gauging where your foot should be relative to where it is on the ground. When we sprain our ankle it is because the stress was too much and we weren't able to correct it in time. Restoring proprioception (sense of joint position) after injury allows the body to maintain stability and orientation during dynamic (active) and static (stationary) activities.



PROPRIOCEPTION Exercise:

- 1- Stand close to a wall, in case you need support, with one foot a couple of inches off the ground (like a "stork") and try to maintain your balance for 20 seconds standing on the supporting foot alone. Repeat this exercise 3-4 times a day for about a week.
- 2- Once you have accomplished the above, repeat the same procedure but this time with your eyes closed.