

SPRAINS AND STRAINS



WHAT ARE THEY?

Sprains and strains are common injuries that share similar signs and symptoms but involve different parts of your body.

A **sprain** is a stretching or tearing of ligaments, tough bands of fibrous tissue that connect two bones together in your joints.

A **strain** is a stretching or tearing of a muscle or tendon. A tendon is a fibrous cord tissue that connects muscles to bones.

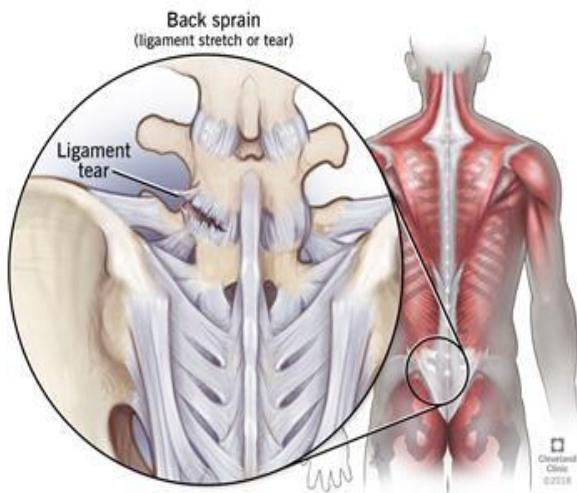
SYMPTOMS

SPRAINS

- bruising
- pain around the affected joint.
- limited flexibility
- difficulty using the joint's full range of motion

STRAINS

- muscle spasm
- pain around the affected joint
- swelling
- limited flexibility
- difficulty using the joint's full range of motion



TREATMENT

Gentle stretching may help relieve back and neck pain. Non operative treatments such as chiropractic treatments, and physical therapy can help alleviate symptoms.

