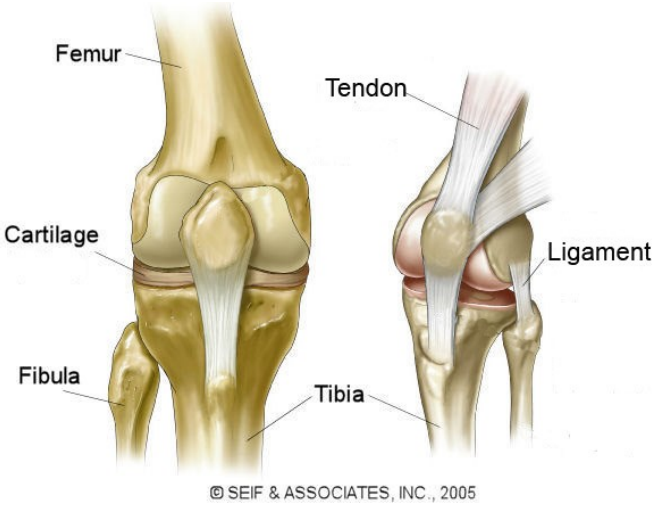
Ligament Sprain

A ligament sprain is when a ligament (*fibrous tissue*) is stretched. Ligaments hold bones together at the joint.

HOME CARE



- Rest the injured area.
- Start using the joint when told to by your doctor.
- Keep the injured area raised (*elevated*) above the level of the heart. This may decrease the puffiness (*swelling*).
- Put ice on the injured area.
  - Put ice in a plastic bag.
  - Place a towel between your skin and the bag.
  - Leave the ice on for 15 minutes at a time, 4 times a day.
- Wear a splint, cast, or an elastic bandage as told by your doctor.
- Only take medicine as told by your doctor.
- Use crutches as told by your doctor. **Do not** put weight on the injured joint until told to by your doctor.

GET HELP IF:

- Bruising, puffiness, or pain increases.
- The leg was injured, and the toes are cold or tingling.
- The arm was injured, and the fingers are cold or tingling.

GET HELP RIGHT AWAY IF:

- The leg was injured, and the toes are numb or blue.
- The arm was injured, and the fingers are numb or blue.
- The pain is not helped with medicine and stays the same or gets worse.

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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