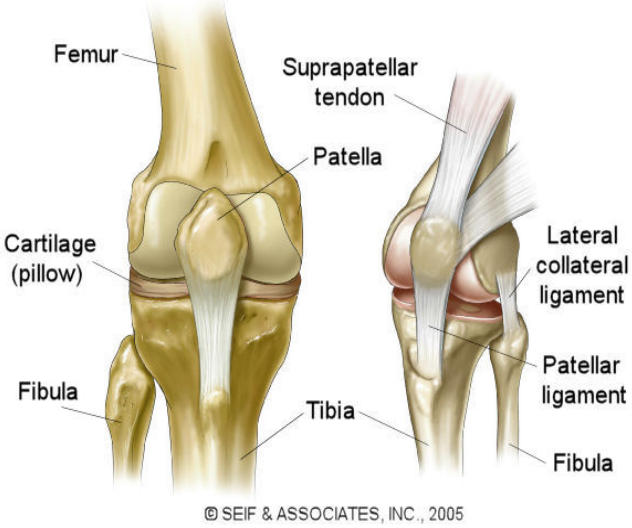
Ligamentous Sprain

Ligaments are tough, fibrous tissues that hold bones together at the joints. A sprain can occur when a ligament is stretched. This injury may take several weeks to heal.



HOME CARE INSTRUCTIONS

- Rest the injured area as directed. Slowly start using the joint as directed by your caregiver and as the pain allows.
- Keep the affected joint raised if possible to lessen swelling.
- Apply ice for 15 minutes to the injured area every couple hours for the first half day, then 4 times per day for the first 48 hours. Put the ice in a plastic bag and place a towel between the bag of ice and your skin.
- Wear any splinting, casting or elastic bandage applications as instructed.
- Only take over-the-counter or prescription medicines for pain, discomfort or fever as directed by your caregiver. *Do not use **aspirin** immediately after the injury unless instructed by your caregiver.* Aspirin can cause increased bleeding and bruising of the tissues.
- If you were given crutches, continue to use them as instructed. Do not resume weight bearing on the affected extremity until instructed.

SEEK MEDICAL CARE IF:

- Bruising, swelling or pain increases.
- You have cold and numb toes, if your leg was injured.
- You have cold and numb fingers, if your arm was injured.

SEEK IMMEDIATE MEDICAL CARE IF:

- Your toes are numb or blue, if your leg was injured.
- Your fingers are numb or blue, if your arm was injured.
- The pain is not responding to medications and continues to stay the same or get worse.

MAKE SURE YOU:

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

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