Muscle Strain
(Pulled Muscle)

A pulled muscle happens when a muscle is over-stretched. Recovery usually takes 5 to 6 weeks.

HOME CARE

- While awake:
  - Put ice in a plastic bag. Wrap the bag in a towel.
  - Put ice onto the sore muscle for 15 to 20 minutes. Do this each hour for the first 2 days.
- **Do not** use the pulled muscle for several days or until your doctor says you can. **Do not** use the muscle if you have pain.
- Wrap the injured area with an elastic bandage (ACE Bandage) for comfort. **Do not** to put it on too tightly.
- Only take medicine as told by your doctor.
- Warm up before exercise. This helps prevent muscle strains.

GET HELP IF:

- There is more pain or swelling in the affected area.

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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