

Muscle and Bone Injury

You have sustained a significant injury to your muscles, tendons, ligaments or bones. Sprains and contusions can often hurt as much or more than a broken bone. Ways to help your body heal include R.I.C.E., or Rest, Ice, Compression, Elevation and medications.

Rest: the affected area as much as possible. Splints and slings may be used for arm and hand injuries. Crutches may be very helpful for leg and foot injuries.

Ice: the area using ice packs or bags of frozen peas. Do not apply frozen material directly to the skin to avoid a freeze burn. Ice for 20-30 minutes 3-4 times per day at least.

Compression: can be used, via splint or ace wrap, to decrease swelling.

Elevate: the injured area as high as you can for as long as you can. The injured part should be kept at or above the level of your chest if possible.

After 4-5 days we advise changing over to warm compresses 20-30 minutes 3-4 times per day at least. FirstCare has gel packs that can be used as cold and warm compresses.

SPLINTS: If a splint has been placed it should be left on until pain in the area has greatly subsided. This could take several days to a week or more. You can remove the splint and start to use the injured area, but you should not do anything that causes more than mild discomfort. If more than mild discomfort occurs, keep the splint on most of the time and remove it from time to time to try and move the injured area. Mobility is important, but again, do not overdo it.

Physical therapy can be extremely helpful in rehabilitating injured joints and other parts of your body. Physical therapy through the St. Francis Therapy Connection is available at FirstCare.

The following medications are useful for muscle injuries. The adult doses are:

For Aleve (Naproxen 220mg): Take 2 pills twice per day.

For Advil (Ibuprofen 200mg): 3-4 pills every 8 hours.

For Arnica pellets: Take 2 pellets 5 times per day, let them dissolve in your mouth. It is recommended that you take the pellets directly from container without touching them.

For Yunnan Baiyao: 1-2 pills four times per day. Be sure to take tiny "hit pill" that is located in the center of pack before first dose.

For Arnica Gel: Apply to affected area 4 times per day.

Tylenol/Acetaminophen can be taken along with the above medications as there is no interaction. If you have been prescribed a narcotic pain medication do not take additional Tylenol.

RETURN TO FIRSTCARE, GO TO AN EMERGENCY DEPARTMENT, OR SEE YOUR OWN PHYSICIAN IF YOUR CONDITION WORSENS, IF NOT IMPROVED WITH PRESCRIBED TREATMENT, OR NOT IMPROVED IN 24 HOURS. FOLLOW UP WITH YOUR PRIMARY PHYSICIAN OR FIRSTCARE WITHIN 1-2 DAYS.

FirstCare offers Family Practice, Pediatric and Gynecologic care, as well as specialist care in the areas of Cosmetic Dermatology, Physical Therapy and Digestive Diseases. We also provide school, sports, work and DOT physical examinations, vaccinations such as flu and tetanus, x-rays and skin surgery.

FirstCare Medical Center has the UltraSlim body contouring system for instant fat reduction. Ask us about this revolutionary device.

Please visit FirstCareMedCenter.com to fill in our PATIENT SATISFACTION SURVEY and be entered to win a \$50.00 Essence MediSpa gift certificate. The link to the survey is on the left side of the homepage at the bottom of the links menu.

THANK YOU FOR ALLOWING US THE PRIVILEGE OF PARTICIPATING IN YOUR CARE. IF THERE IS ANYTHING ELSE WE CAN DO FOR YOU OR ANY WAY WE CAN IMPROVE, PLEASE LET US KNOW.