



Sprain, Strain or Broken?



SPRAIN.

What is it? A sprain is an injury to a ligament. AKA, It's an injury to the thick tissue that connects the bone.

Why did it happen? Sprains occur when ligaments have either been stretched or torn.

You have a SPRAIN if you're experiencing...

- Pain
- Swelling
- Tenderness and warmth around the injury
- Popping and tearing around the injury
- Bruising



STRAIN.

What is it? A strain is an injury to a muscle or tendon.

Why did it happen? Strains occur if a muscle or tendon is stretched too far or stretched while contracting.

You have a SPRAIN if you're experiencing...

- Muscles feel "knotted up"
- Constant "pull" on the muscle or tendon
- When injury occurred, heard a "snap!" (This is for severe strains)



BROKEN.

What is it? When the majority of a bone is fractured.

Why did it happen? The part of the bone that is broken experienced high impact or stress.

You have a SPRAIN if you're experiencing...

- Swelling and bruising over the bone
- Deformity
- Pain increases when area is moved or pressured
- Loss of function
- Bone protruding from skin

If you're experiencing any of these symptoms, visit Falcon Health Center's Radiology Department. We can treat minor injuries and could save you a trip to the Emergency Room.

To make an appointment, call 419-372-2271 or through your MyFalcon Health Patient Portal. Visit www.falconhealth.org for more information.