

# **ATHLETICO**

**PHYSICAL THERAPY**

## **ACUTE MUSCLE STRAIN INSTRUCTION SHEET**

You have sustained a muscle strain (pull). The injured area may turn black and blue and swell, however, this is a normal response. Listed below are several steps to help manage your injury. Please do not apply heat to the injured area for at least 24-48 hours.

### **IMMEDIATE CARE**

- 1) **Rest** – Remain off the injured area as much as possible for the first few hours. Keep the area elevated whenever possible.
- 2) **Ice** – Ice packs should be applied for 15-20 minutes about 4-5 times per day. Two hours should pass between applications. Use care when applying the ice. The area may burn slightly, turn red, and become numb – this is normal. However, if the area turns blue or numbness occurs elsewhere, remove the ice and put a towel between the ice and skin. If these symptoms persist, discontinue the use of ice.
- 3) **Stretching** – After the ice applications, the area should be **gently** stretched to help the injured muscles heal correctly. Stretches should be completed to the point of "I feel a stretch" but not to the point of "I feel pain". The stretches should be held for a count of 20 seconds, and then relaxed for a count of 20 seconds. This should be done a total of 5 times.

I would suggest the following for your injury:

- Follow the above instructions.
- Go to the emergency room or urgent care center.
- Schedule a complimentary orthopedic screen at an Athletico Physical Therapy center.

### **FOLLOW-UP CARE**

Follow up care should take place. This may include a discussion with the treating athletic trainer or clearance from a physician. I plan to follow up with you within 48 hours to ensure that the injury is improving or a plan of care has been established.

If you have any questions prior to my follow up, please don't hesitate to contact me.  
Thank You,

\_\_\_\_\_, ATC      Email: \_\_\_\_\_      Phone: \_\_\_\_\_  
Athletic Trainer

*Better for every body.*

Athletico provides orthopedic rehabilitation and fitness services. For information about our services or to receive a complimentary injury screen, please call 1-877-ATHLETICO or visit [www.Athletico.com](http://www.Athletico.com) for a location.

*This guideline is for information purposes only and does not constitute medical advice.*