

Sprains & Strains

+ SPRAINS

Sprains occur when ligaments, tough bands of tissue that connect one bone to another, are stretched or torn

Level of Severity	Symptoms
Mild	Small amount of swelling and tenderness, but it's possible to put weight on the joint
Moderate	Joint is tender, painful and difficult to move, it's swollen and possibly discolored from bleeding and unsteady when weight is put on the joint
Severe	The joint won't move normally or hold weight. Very swollen, possibly discolored. May be difficult to distinguish from a fracture or dislocation



Visit your nearest MedExpress location if there is a popping sound at the time of injury, considerable swelling or if the injured joint cannot bear weight because of instability or pain. If the sprain is severe, inadequate or delayed treatment may cause long-term joint or tissue damage.

+ STRAINS

Strains occur when muscles or tendons stretch or tear. They are common in the hamstrings and in back injuries. Symptoms of strains include: pain, stiffness, swelling and bruising.

Visit your nearest MedExpress location if the area becomes swollen quickly, is intensely painful, if a ruptured muscle or broken bone is suspected, or if the pain, swelling and stiffness of less severe strains doesn't improve in 2 to 3 days.

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This information is not intended to replace the advice of a physician. It is information that is generally available. Each person has unique medical needs based on several factors including age, genetics, body type and build, medications, exposures to illness and medical history, to name a few. Always seek the advice of a physician or other qualified healthcare provider with any questions you may have regarding a medical condition that you are experiencing. If you are suffering from a non-emergent medical situation, it is suggested that you visit the nearest MedExpress center or your family physician. If you believe you are experiencing a medical emergency, call 911.

