North Fulton Pediatrics

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OFFICE ORTHOPEDICS

To help prevent sports-related injuries:

- Always stretch before (warm up) AND after practice / games (cool down).
- Slowly increase your training at the start of a season, increasing the intensity / volume / duration of your training by approximately 10% each week.
- Stay active year round by engaging in a variety of physical activities, such as running, swimming, or biking.
- Avoid dehydration by drinking plenty of water before, during, and after exercise.

Common orthopedics injuries

A **sprain** is an injury to a ligament, a band of tissue that connects two bones across a joint. A **strain** is an injury to a muscle-tendon unit, the tissue at the end of a muscle that connects the muscle to bone. These types of injuries can include overstretching or partial or complete tearing, and often will cause swelling over the affected area.

Treatment includes any or all of the following:

- Rest: avoid anything that can cause pain or swelling
- Ice: to be used when there is swelling present. On and off 3 times / day until the swelling resolves. Do not use a heating pad in the first 24-48 hours, as this may worsen the swelling.
- Compression: such as an ace wrap or special splint
- Elevation: keep the injured area above the level of the heart. For example, for an ankle sprain, if you are lying in bed, place your foot on top of several pillows or blankets, or place those items under the mattress to lift the entire foot end of the bed up.
- Ibuprofen (Motrin / Advil) for pain or swelling as directed by your doctor.
- Depending on the type and extent of injury, your doctor may recommend physical therapy

Call our office if:

- Your child still has significant pain or swelling 3-4 days after the injury.
- The affected area is becoming MORE painful or swollen.

For any urgent or emergent medical concerns, please call 911 or go immediately to the nearest emergency department.