Strains and Sprains

If you suffer a strain or sprain injury, think R-I-C-E (Rest, Ice, Compress, Elevate).

Rest
Stop using the injured part. The use of slings, splints and crutches may help. Slings and crutches are available from the Student Health Center; call (804) 289-8064.

Ice
Apply ice as soon as possible to ease pain and slow internal bleeding and swelling. Place a towel between the ice and skin and ice the injured area for 20-30 minutes, three times a day.

Compress
Wrap with ACE bandage to decrease swelling and lessen pain, but first elevate the injured limb above the heart for at least 15 minutes. The bandage should be snug but not tight. Remove bandage while sleeping.

Elevate
Pillows can be used. Non-steroidal anti-inflammatory medicines like ibuprofen or naproxen may be helpful for pain and swelling.

Call the Student Health Center if you have loss of movement or sensation, severe pain, pain that is worsening, or swelling that doesn’t lessen after 24 hours.

Student Health Center
Special Programs Building
28 Westhampton Way
University of Richmond, VA 23173

Phone (804) 289-8064
Dial-A-Nurse (804) 289-8700
Fax (804) 287-6466
wellness.richmond.edu