

Sprains

Diagnosis: Sprain

A sprain occurs when a ligament (the tissue connecting bones at a joint) is stretched or torn. Common sprains affect the ankle, knee, wrist, or fingers. Symptoms include pain, swelling, bruising, and difficulty moving the joint. Most sprains heal within a few weeks with proper rest, compression, and rehabilitation, but severe cases may take longer.

Specific Work Modifications for Your Job:

- Avoid prolonged standing or walking if it's a **lower-body sprain** (ankle, knee).
- If it's a **wrist or hand sprain**, limit typing, gripping, or lifting.
- Use a brace or compression wrap as needed for support.
- Take frequent breaks to avoid overuse of the injured joint.
- Modify heavy lifting or repetitive motions that strain the affected area.

Specific Activity Modifications for Your Hobbies:

- Avoid high-impact activities like running, jumping, or heavy lifting.
- If playing sports, switch to low-impact alternatives (e.g., swimming or cycling for a leg sprain).
- If gaming, playing an instrument, or other hand-based activities, take frequent breaks and use ergonomic support.
- Use bracing or taping if returning to activities involving the injured joint.

Recommended Supplements:

- **Collagen Peptides (5-10g/day)** - Supports ligament healing.
- **Vitamin C (500 mg/day)** - Aids in collagen production and tissue repair.
- **Omega-3 Fatty Acids (1000 mg/day)** - Reduces inflammation.
- **Magnesium (300-400 mg/day)** - Supports muscle and ligament function.

Recommended Nutrition and Hydration:

- **Increase protein intake** (lean meats, eggs, beans) for tissue repair.
- **Eat anti-inflammatory foods** (berries, turmeric, fatty fish, leafy greens).
- **Avoid processed foods and excess sugar**, which can slow healing.
- **Stay hydrated** - Aim for **at least 2-3 liters of water daily** to reduce inflammation and support tissue recovery.

Home Exercise Prescription:

- **RICE Method (First 48 Hours):** Rest, Ice (15-20 min every 2-3 hours), Compression, and Elevation.

- **Ankle Sprain:**
 - **Ankle Circles & Alphabet** - Move your foot in circular motions or trace the alphabet (2x/day).
 - **Toe Raises** - Lift your toes while seated to strengthen the foot (10 reps, 3x/day).
 - **Balance Training** - Stand on one foot for 30 seconds (progress as tolerated).
- **Wrist Sprain:**
 - **Wrist Flexion & Extension Stretch** - Gently stretch the wrist up and down (hold 15 sec, 3x).
 - **Grip Strengthening** - Squeeze a soft ball for 5-10 seconds (10 reps).
- **Knee Sprain:**
 - **Quad Sets** - Tighten the thigh muscle with the leg straight (hold 5 sec, 10 reps).
 - **Straight Leg Raises** - Lift the leg while keeping the knee straight (10 reps, 3x/day).

Helpful Books:

1. The Soft Tissue Healing Handbook by Steve Subotnick - Guides rehab for sprains and strains.
2. Athletic Body in Balance by Gray Cook - Focuses on injury prevention and movement correction.

Contact our clinic or return and ask for Dr. Jason if you have any questions.