

Strains

Diagnosis: Strain

A strain occurs when a muscle or tendon (which connects muscle to bone) is overstretched or torn. Strains commonly affect the lower back, hamstrings, shoulders, or wrists. Symptoms include pain, swelling, muscle weakness, and limited movement. Mild strains heal within a few weeks, while more severe cases may take months.

Specific Work Modifications for Your Job:

- Avoid heavy lifting or repetitive movements that stress the injured muscle.
- Use proper posture and ergonomic support, especially if sitting for long periods.
- Take frequent breaks to stretch and move to prevent stiffness.
- Modify activities that involve pushing, pulling, or carrying heavy objects.
- If a lower-body strain, minimize prolonged standing or walking.

Specific Activity Modifications for Your Hobbies:

- Avoid high-intensity or explosive movements (e.g., sprinting, weightlifting, jumping).
- Modify workouts to focus on **low-impact** exercises (e.g., cycling, swimming).
- If playing sports, ensure a proper warm-up and avoid excessive strain on the injured muscle.
- If gaming, playing an instrument, or performing hand-based activities, take breaks and use ergonomic support.

Recommended Supplements:

- **Protein (20-30g per meal)** - Supports muscle repair.
- **Collagen Peptides (5-10g/day)** - Aids in tendon healing.
- **Magnesium (300-400 mg/day)** - Helps with muscle relaxation and recovery.
- **Omega-3 Fatty Acids (1000 mg/day)** - Reduces muscle inflammation.
- **Vitamin C (500 mg/day)** - Supports collagen formation for tissue healing.

Recommended Nutrition and Hydration:

- **Increase protein intake** (lean meats, eggs, fish, beans) for muscle repair.
- **Eat anti-inflammatory foods** (berries, turmeric, dark leafy greens).
- **Include potassium-rich foods** (bananas, avocados, sweet potatoes) for muscle function.
- **Stay hydrated - At least 2-3 liters of water daily** to reduce cramps and support recovery.

Home Exercise Prescription:

- **RICE Method (First 48 Hours):** Rest, Ice (15-20 min every 2-3 hours), Compression, and Elevation.
- **Gentle Stretching** (after 2-3 days): Light stretching to prevent stiffness.
- **Isometric Exercises** (muscle contractions without movement):
 - **Lower Back Strain** - Pelvic tilts, cat-cow stretches (10 reps, 2x/day).
 - **Hamstring Strain** - Seated hamstring stretch, lying leg raises (hold 15 sec, 3x).
 - **Shoulder Strain** - Shoulder blade squeezes, arm circles (10 reps, 2x/day).
- **Strengthening (after pain decreases):** Light resistance exercises to restore function.
- **Massage & Foam Rolling** (once inflammation subsides) to release tightness.

Helpful Books:

1. The Permanent Pain Cure by Ming Chew - Focuses on muscle strain rehab.
2. Becoming a Supple Leopard by Dr. Kelly Starrett - Covers injury prevention and recovery strategies.

Click here for more orthopedic patient information.

Contact a Key West orthopedic clinic or reach out to Dr. Jason Pirozzolo.

Always consult your physician prior to taking any supplements or medications.