

Hamstring Stretch

Sit on the floor with one leg straight in front of you and the other leg bent (with the sole of the foot touching the inside thigh of the outstretched leg). Keep your back straight and lean forward from the hips. Slide your arms forward toward your outstretched foot. Stop when you feel a pull in the hamstring. Hold for 30 seconds and repeat with the other leg extended.



Quadriceps Stretch

Stand on one leg (grab onto something solid if you need support). Bend your knee and bring your heel toward your buttock. Reach for your ankle with your hand. Stand up straight and feel a slight pull along the front of your thigh and hip. Hold the stretch for 30 seconds, release and repeat on the other leg. Be careful not to strain your knee - the goal is not to touch your heel to the buttock, but rather to stretch the thigh.

Gastrocnemius (Calf) Stretch

Stand an arm's-length from the wall/post. Lean into wall/post, bracing yourself with your arms. Place one leg forward with knee bent - this leg will have no weight put on it. Keep other leg back with knee straight and heel down. Keeping back straight, move hips toward wall until you feel a stretch. Hold 30 seconds. Relax. Repeat with other leg.

Hip and Back Stretch

Begin in a forward lunge position and drop your right knee to the ground. Place your left elbow on the inside of your left knee as pictured. Press your left elbow gently into your left knee and twist your torso to the right. Reach your right arm behind you until you feel a gentle stretch in your lower back and left groin. Hold the stretch for 30 seconds, release and repeat on the other leg.



Piriformis Stretch

To stretch the muscles that rotate your hip in the opposite direction, place your right ankle over your left thigh, just above the knee. Let your right knee come toward the ground, and apply a gentle pressure toward the ground. Repeat with the opposite leg. If you have problems doing this exercise on the ground, it can be done while sitting in a chair.



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TREATMENT FOR AN ACUTE INJURY (R.I.C.E.)

Rest Ice Compression Elevation

Simple but effective way to treat Acute muscle injuries. Use acronym R.I.C.E.

R is for REST

Stop all activities that cause increase pain or makes the injured area feel worse. It is important to maintain some activity level but as tolerated

I is for ICE

Icing the affected area will help control swelling and pain. Ice the injured part by applying a cold pack (wrapped in a towel) 15 to 20 minutes, several times a day for several days, until swelling subsides.

C is for COMPRESSION

Compression works by minimizing the volume. Use an elastic compression bandage to wrap the injured part which will limit swelling as well as bleeding.

E is for ELEVATION

Keep the swelling down to a minimum. This can be done by keeping the injured part raised (above your heart) for 48 hours to assist the drainage of fluid from the site of injury.

If you suffer an injury such as a sprain, strain, muscle pull, or tear, immediate first aid can prevent complications and help you heal faster. One of the most important acronyms to remember if you get a sports injury is R.I.C.E. The acronym 'R.I.C.E.' stands for Rest, Ice, Compression and Elevation. Using these 4 immediate first aid measures can relieve pain, limit swelling and protect the injured tissues, all of which help speed healing.

When an injury occurs the damaged area may bruise, swell or bleed (externally or internally) and become inflamed. Healing occurs as the damaged tissue is replaced by collagen, perhaps better known as scar tissue. In most cases the tissue needs complete repair before you should return to sports.

REST

Resting is important immediately after injury for two reasons. First, rest is vital to protect the injured muscle, tendon, ligament or other tissue from further injury. Second, your body needs to rest so it has the energy it needs to heal itself most effectively.

ICE

Use ice bags, cold packs or even a bag of frozen peas wrapped in a thin towel to provide cold to the injured area. Cold can provide short-term pain relief. It also limits swelling by reducing blood flow to the injured area. Keep in mind, though, that you

should never leave ice on an injury for more than 15-20 minutes at a time. Longer exposure can damage your skin. The best rule is to apply cold compresses for 15 minutes and then leave them off for at least 20 minutes.

COMPRESSION

Compression limits swelling, which slows down healing. Some people notice pain relief from compression as well. An easy way to compress the area of the injury is to wrap an ACE bandage over it. If you feel throbbing, or if the wrap just feels too tight, remove the bandage and re-wrap the area so the bandage is a little looser.

ELEVATION

Elevating an injury reduces swelling. It's most effective when the injured area is raised above the level of the heart. For example, if you injure an ankle, try lying on your bed with your foot propped on one or two pillows.

After a day or two of R.I.C.E., many sprains, strains or other injuries will begin to heal. But if your pain or swelling does not decrease after 48 hours, make an appointment to see your primary care physician or go to the emergency room, depending upon the severity of your symptoms.

Once the healing process has begun, very light massage may improve the function of

forming scar tissue, cut healing time and reduce the possibility of injury recurrence.

Gentle stretching can be begun once all swelling has subsided. Try to work the entire range of motion of the injured joint or muscle, but be extremely careful not to force a stretch, or you risk re-injury to the area. Keep in mind that a stretch should never cause pain.

Heat may be helpful once the injury moves out of the acute phase and swelling and bleeding has stopped. Moist heat will increase blood supply to the damaged area and promote healing.

Finally, after the injury has healed, strengthening exercises can be begun. Start with easy weights and use good form.

SEE BACK PANEL FOR BASIC STRETCHES TO HELP IMPROVE AND MAINTAIN RANGE OF MOTION!!!

