

# MUSCLE STRAINS

## IDENTIFICATION AND TREATMENT

### Treatment

- Ice
- Stretch as instructed to the point of discomfort, not pain
- Heat only after one week following injury



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## Muscle Strain : a stretching or tearing of a muscle or tissue connecting muscle to bone



### Grade 1

- Muscle stretching without tearing of any muscle fibers
- Mild pain
- Mild swelling
- No ecchymosis
- Minimal loss of strength

### Grade 2

- Tearing of muscle fibers
- May notice a pop or snap
- Moderate pain
- Moderate swelling
- Mild ecchymosis
- Moderate loss of strength

### Grade 3

- Rupture of muscle or muscle-tendon-bone attachment
- Definite pop or snap
- Severe pain
- Severe swelling
- Moderate/severe ecchymosis
- Extreme loss of strength