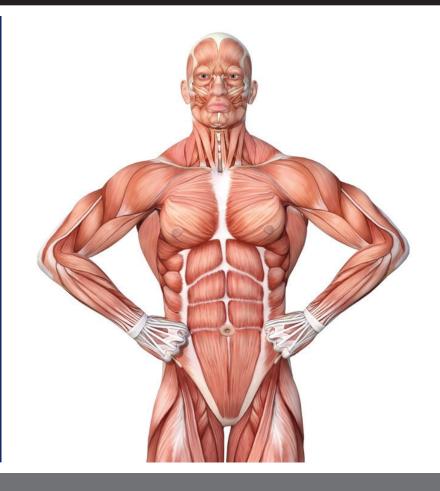
## **MUSCLE STRAINS**

### **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