

We would like to introduce you to the newest members of the SOS and Guilford Orthopaedics team!

Ray Kargo, MSPT joined SOS as PT Director on September 1, 2012



Kayla McKenzie will join Dr. Dumonski in September as our new Physician Assistant at GOSM

Dr. Chandler shares how to relieve minor strains and sprains with the elements of R.I.C.E (Rest, Ice, Compress, and Elevate)

Overdo it this weekend? Do you have a sprain or a strain? These words are often used interchangeably but they are actually different! A sprain is a stretch or tear of a **ligament**, which is a tough band of fibrous tissue that connects one bone to another bone in your joints. A strain is a stretch or tear of your **muscle or tendon**, which is the fibrous cord that attaches your muscle to the bone.

The most common area to suffer a sprain is the ankle. When your ankle moves in a direction that it is not meant to, the ligament on the outside or inside of the ankle can stretch or tear, causing pain and swelling. You also have ligaments in your knees, wrists, elbows, thumbs, etc, that can all be sprained!

Strains can occur in any muscle, but most commonly occur in the low back muscles or in the hamstring muscles on the back of the thigh during sporting activities. This also causes pain and swelling and can also cause spasms of the muscle. A muscle is usually strained when it is stretched too far or too fast.

The best way to treat a sprain or strain is to avoid them in the first place! With proper conditioning and stretching you can minimize your chance of an injury with exercise. Muscles that are strong, stretched out and warmed up are less likely to suffer a strain or sprain.

When an injury occurs, the initial treatment for strains and sprains is the same. Think R.I.C.E! R.I.C.E stands for Rest, Ice, Compression and Elevation. You need to let your body have time to rest and recover. Try not to use that part of your body as much over the next couple of days. Ice, compression and elevation are all ways of helping your body to decrease the swelling, inflammation and pain. Compression can be achieved with an elastic bandage like an "ACE" wrap that you can buy at the store. You can also take an over-the-counter anti-inflammatory medicine like Motrin or Aleve to help with the pain and swelling. Most minor sprains and strains will respond to this treatment and get you back in the game in a few days to a few weeks.

So when do you need to see the doctor? You should probably come in to be checked if you are unable to take a few steps without severe pain, you can't move the affected joint at all, or you start having numbness in the area. Sometimes an X-Ray is necessary to make sure you didn't break a bone or even a MRI to be able to see the extent of the tear in the ligament or tendon. For bad sprains and strains we have a variety of braces to help you recover and sometimes physical therapy can be helpful as well. Sometimes, if the tendon or ligament is completely torn, surgery is necessary to repair or reconstruct it.

So stay stretched out and warmed up, and if you get a minor sprain or strain think R.I.C.E! If things don't start to improve or you're concerned come see us and we'll keep working to keep you playing!

Guilford Orthopaedics strives to ensure the best experience and availability to ALL our patients!



We are open Saturdays from 9am until 1pm.

Be sure to call 336-275-3325 to schedule your appointment.

If after hours please visit our Urgent Care located at 201 E Wendover Avenue Greensboro, NC 27401 or call 336-235-BONE(2663) they are open M-F 5:30pm until 9pm and Sat. 10am until 2pm.