Physically demanding jobs increase the possibility of suffering a strain or sprain. Recognizing the injury and properly treating it is the fastest way to recovery. Strains are injuries caused by overstretching a muscle, while sprains occur when joints go beyond their normal range of motion.

**A COMMON INITIAL TREATMENT IS “RICE”:**

- **Rest**—Avoid putting pressure on the injured area for 24-48 hours
- **Ice**—Immediately use ice packs to reduce the swelling
- **Compression**—Wrap the injury with flexible cloth to further reduce the swelling
- **Elevation**—Keep the injured area above your heart

**MORE TIPS:**

- Report the injury to your supervisor
- Ease back into your workload to allow the injury to heal
- Stretch and do strengthening exercises regularly
- Check for ways to prevent a similar injury from occurring

**Note:** Call your healthcare provider immediately if you cannot walk more than a few steps or have severe pain, numbness or tingling, a recurring injury, disfigurement, unusual lump or pain that keeps you awake.