

Preventing Sprains and Strains

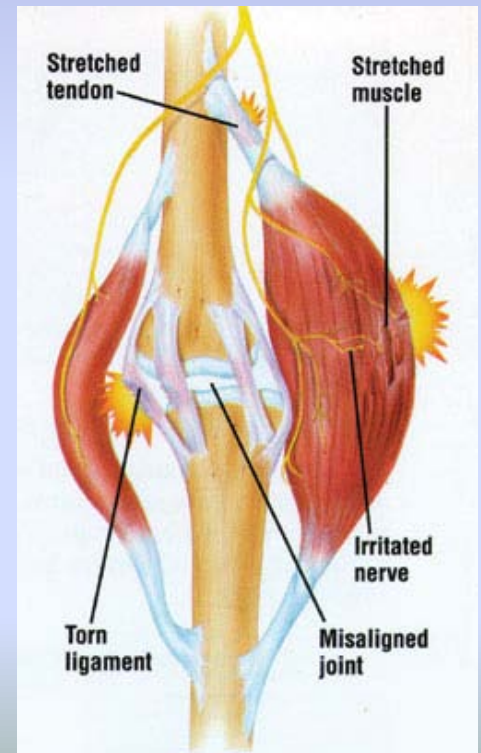


A sprain is a stretching or tearing of ligaments. The most common location for a sprain is in your ankle.

In 2009, there were 118 sprains with a total cost incurred for MCCS of \$170,568.00.

A strain is a stretching or tearing of muscle or tendon. Strains often occur in the lower back and in the hamstring muscle in the back of your thigh.

In 2009, there were 337 strains with a total cost incurred for MCCS of \$399,803.00.



Preventing Sprains and Strains

A sprain occurs when you overextend or tear a ligament while severely stressing a joint.

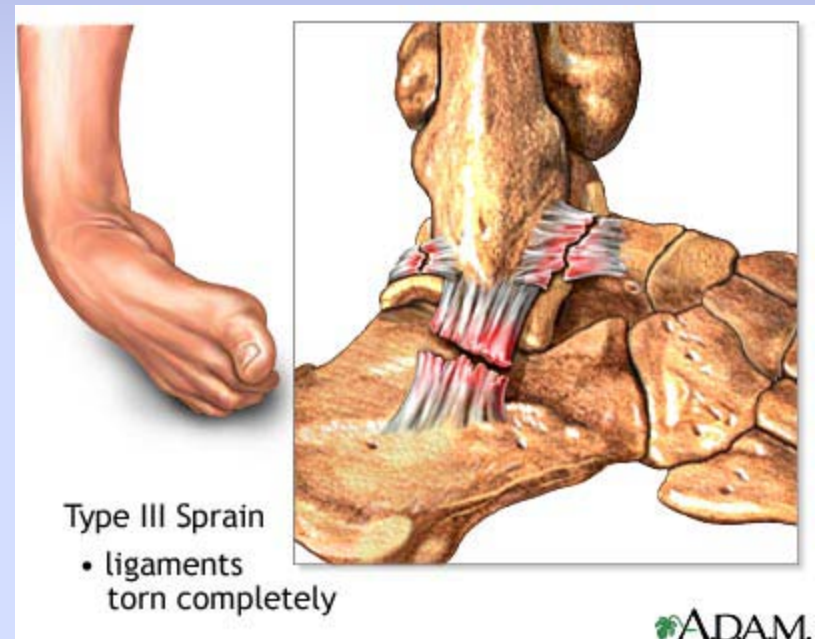
Throughout MCCS, the most common areas of sprains are to the ankle, knee, and wrist.

The most common cause of a sprain:

Ankle – from walking or running

Knee – from slipping and falling

Wrist - from lifting heavy objects



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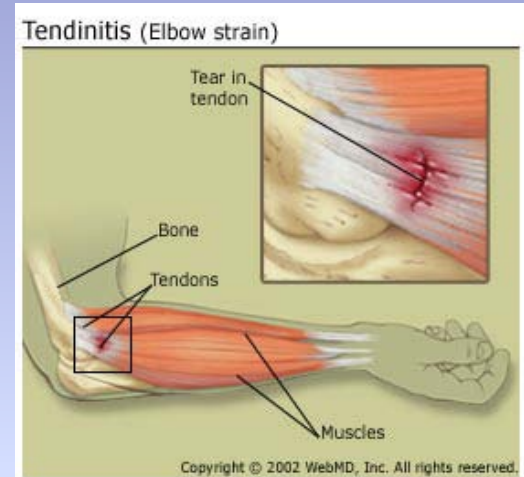
Throughout MCCS, the most common areas of strains are to the lower back, shoulders, and multiple body parts.

The most common cause of strains:

Lower back – from lifting heavy objects the wrong way

Shoulders – from lifting heavy objects

Multiple body parts – from twisting, bending, and repetitive motion



Preventing Sprains and Strains

Here are some of the ways your coworkers have inadvertently hurt themselves and tips to prevent these injuries yourself:

Pain: “I tripped over a mat, fell, and felt pain in my left knee”.

Tip: Be aware of your surroundings and watch where you step.



Pain: “I was carrying heavy tables from one room to the other, and strained lower back”.

Tip: Ask for help when carrying heavy objects and use proper lifting methods.

Pain: “I was lifting repetitively and this caused wrist sprain”.

Tip: Try to keep your wrists in a neutral position when lifting- try not to bend your wrist.

-Avoid the debilitating effects of sprains and strains. Remember to be careful out there!

Preventing Sprains and Strains

Factors contributing to sprains and strains include:

- **Poor conditioning.** Lack of conditioning can leave your muscles weak and more likely to sustain injury.
- **Fatigue.** Tired muscles are less likely to provide good support for your joints. When you're tired, you're also more likely to succumb to forces that could stress a joint or overextend a muscle.
- **Improper warm-up.** Properly warming up before vigorous physical activity loosens your muscles and increases joint range of motion, making the muscles less tight and less prone to trauma and tears.

