

Contraindications

- ❖ In the acute stage, testing other than pain-free AF range of motion is contraindicated to prevent further tissue damage.
- ❖ Avoid removing the protective muscle splinting of acute sprains.
- ❖ Distal circulation techniques are contraindicated in the acute and early subacute stages to avoid increasing congestion through the injury site.
- ❖ With Grade 3 sprains that are casted, avoid hot hydrotherapy applications to the tissue immediately proximal to the cast to prevent congestion under the cast.
- ❖ With Grade 3 sprains where the ligaments have been surgically repaired, do not restore full range of motion of the affected joint in the direction that will stretch the repaired ligament. Where the ligaments have not been surgically reduced, joint play of the unstable joint is contraindicated.
- ❖ Frictions are contraindicated if the client is taking anti-inflammatories or blood thinners.

Treatment Goals Treatment Plan

Assess the severity of the injury and refer for medical attention if moderate or severe.


Reduce inflammation.


Reduce pain. Decrease sympathetic nervous system firing.

Treat any compensating structures.


Acute


 **The injury is treated with RICE:** Rest, Ice, Compression and Elevation.


 **Positioning** depends on the location of the sprain and the client's comfort. The limb is elevated and pillowed securely.

 **Hydrotherapy** is cold such as an ice pack or a gel pack applied to the injured area.

General Treatment

 If the initial treatment goal is to decrease the edema, lymphatic drainage on the affected limb is performed first before any compensatory work.

 If the initial goal is to accustom the client to the therapist's touch and to decrease sympathetic nervous system firing in the context of a relaxation massage, the client is directed to do **diaphragmatic breathing** throughout the treatment.

 The trunk and uninjured limb are treated using effleurage and slow petrissage, such as palmar kneading, fingertip kneading and C-scooping. The focus of the work depends on the muscles that are compensating. For example, the shoulders and back are treated if crutches are used.