

Sprains, strains, and tendonitis

A parent's guide to signs, symptoms, treatment, and prevention.



Sprains

A sprain occurs when your ligaments are stretched too far, which can result in tear or loss of elasticity in the ligament. Oftentimes you will feel a sharp pain and may hear or feel a pop.

Sprain prevention

Wearing proper equipment and protective gear, like an ankle brace, can help prevent sprains. Making sure that the muscles surrounding your ligaments are strong is also crucial in preventing sprains. A proper warm up and cool down help to prevent sprains as well.

Strains

A strain occurs when a tendon or muscle is stretched too far and either tears or loses elasticity. Oftentimes you may feel a sharp pain when it initially occurs and you may hear or feel a pop.

Strain prevention

Stretching your muscle is a great way to prevent strains. Make sure that you are not bouncing when you stretch. The best technique is the stretch and hold method. Hold the stretch for 20-30 seconds, rest, and then repeat approximately three times. A dynamic warm up is also important in preventing strains. When performing a dynamic warm up, you go through motions that you use while playing your sport. For example: high knees, high kicks, lunges, grapevines, etc.

Tendonitis

Tendonitis occurs when there is inflammation of the tendons, usually due to overuse. Most people with tendonitis will often complain of a dull, achy pain.

Tendonitis prevention

Unfortunately, there is not a lot one can do to prevent tendonitis. The best thing that can be done is to ensure that you are getting plenty of rest from your activity and the proper recovery. Proper technique or body mechanics for your specific activity may also reduce your risk of tendonitis.

Treatment

These can affect all areas of the body. Recommended treatment is the PRICE formula:

- P**rotect the area with a sling or crutches, if necessary.
- R**est the injured area.
- I**ce the injury for 20 minutes at a time. Do not apply the ice directly to the skin.
- C**ompress the injured area with a wrap. Do not pull tightly, as this can cut off circulation.
- E**levate the injured area above the heart.



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● **SSM Health Cardinal Glennon Pediatrics Specialty Services Anderson Ambulatory Surgery Center**
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SSM Health Cardinal Glennon SportsCare

SSM Health Cardinal Glennon SportsCare is the premier pediatric sports medicine provider in St. Louis and St. Charles. We provide exclusive, direct access to comprehensive medical care for young athletes.

Specialists your child has access to include adolescent medicine physicians, cardiologists, emergency medicine physicians, neurologists, nutritionists, orthopedists, pediatric psychologists, physical therapists, pulmonologists, radiologists, and rehabilitation specialists. We also keep kids in the game through educational programs and supports for parents, coaches and athletes that focus on injury prevention, proper technique and overall athletic health.

For more information about SSM Health Cardinal Glennon SportsCare or to find a specialist for your athlete, call or text us **24/7 at 314-577-5640**.

Expert care for young athletes by SSM Health Cardinal Glennon Children's Hospital providers, **24 hours a day in the ER at:** SSM Health Cardinal Glennon Children's Hospital, DePaul Hospital, St. Clare Hospital, St. Joseph Hospital-St. Charles, St. Joseph Hospital-Lake St. Louis, Anderson Hospital, and HSHS St. Elizabeth Hospital.



During the COVID-19 pandemic, SSM Health ministries implemented enhanced safety measures, which are evaluated periodically based on COVID-19 transmission numbers. To ensure your protection and that of others, we continue to require face masks upon entry along with ministry-specific screening processes.