

TREATMENT

<p><u>NOTE</u> Immediate application of cold pack will reduce swelling.</p>
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1. Wet Towel with cold water, apply to injury for 10 minutes. Repeat 3 times.
  2. Immobilize sprain with figure-eight Ace Bandage (P2-B7,8) or use SAM Splint (P4-A7) with Ace Bandage. Cut SAM Splint into smaller size if necessary. Alternatively, use splint kit (\_\_\_\_). Ground will advise based on injury.
- AMP (blue)

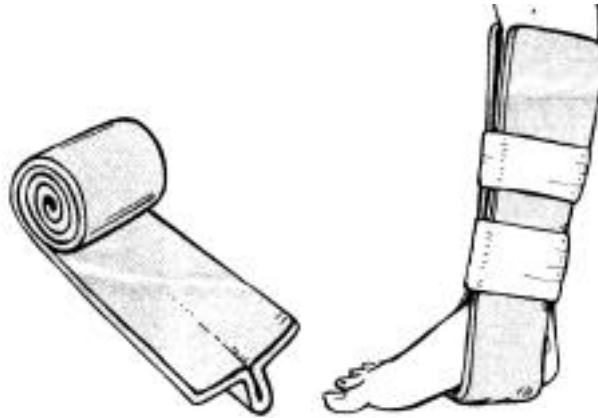


Figure 1.- Ankle Sprain.

PAIN RELIEF

<b>DRUG HELP</b>
1. Ascriptin (buffered aspirin), Motrin, Voltaren, and Arthrotec are all anti-inflammatory and analgesic agents and in the doses recommended here, are nearly equivalent in pain relief. All may cause mild upset stomach and should be avoided if there is allergy to aspirin. Arthrotec is a combination of anti-inflammatory drug and stomach-protective agent, with decreased risk of stomach discomfort and erosions; it should be used if the other agents can not be tolerated. Selection is based on crew experience and dosing convenience.
2. Tylenol and Analgin are analgesics. Analgin has minimal anti-inflammatory effects and Tylenol has none. They do not cause upset stomach, and work almost as well for general pain as do the anti-inflammatory agents. Selection is based on preference and experience.
3. Use of Arthrotec decreases the risk of developing erosive and ulcerous lesions of the gastrointestinal tract.

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Ascriptin (Aspirin) (P1-B1,2) - Pain reliever, anti-inflammatory

Dose: 1-2 tablets every 4 to 6 hours as needed

<b>WARNING</b>
Do not use in patients with asthma, history of aspirin allergy, or GI or other bleeding problems.

Possible side effects

Upset stomach, ringing in ears

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Motrin (Ibuprofen) (P1-B5,6) - Intermediate-strength pain reliever

Dose: 1 tablet every 8 hours with food and drink

<b>NOTE</b>
Do not take if allergic to aspirin.

## STRAINS/SPRAINS

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Possible side effects  
Upset stomach, diarrhea

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Voltaren (Diclofenac Sodium) (P1-B10) - Anti-inflammatory drug  
Effective alternative to Motrin for pain relief of headache, backache, sinus  
pressure.

Dose: 1 tablet 2 to 3 times/day as needed

**NOTE**

Do not take if allergic to aspirin.

Possible side effects  
Abdominal pain, cramps, fluid retention

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Arthrotec (Diclofenac/Misoprostol) - Non-steroidal anti-inflammatory drug  
with stomach protective prostaglandin

Dose: 1 tablet 2 to 3 times/day

Possible side effects  
Abdominal pain, nausea, diarrhea, flatulence

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Analgin - Non-narcotic analgesic agent

Dose: 1 tablet 3 times/day

Possible side effects  
Blood clotting defect due to low platelet count

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Tylenol (Acetaminophen) (P1-A1,2,3) - Aspirin-free pain reliever

Dose: 1-2 tablets every 4 to 6 hours as needed

## **STRAINS/SPRAINS**

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3. After 24 hours, apply heat to injured area.

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3.1 Obtain Towel, Ace Bandage (P2-B7,8).  
Wet Towel with warm water.

3.2 Apply Towel to injured area for 10 minutes, secure with Ace  
Bandage.

3.3 Repeat up to 3 times/day, if necessary.

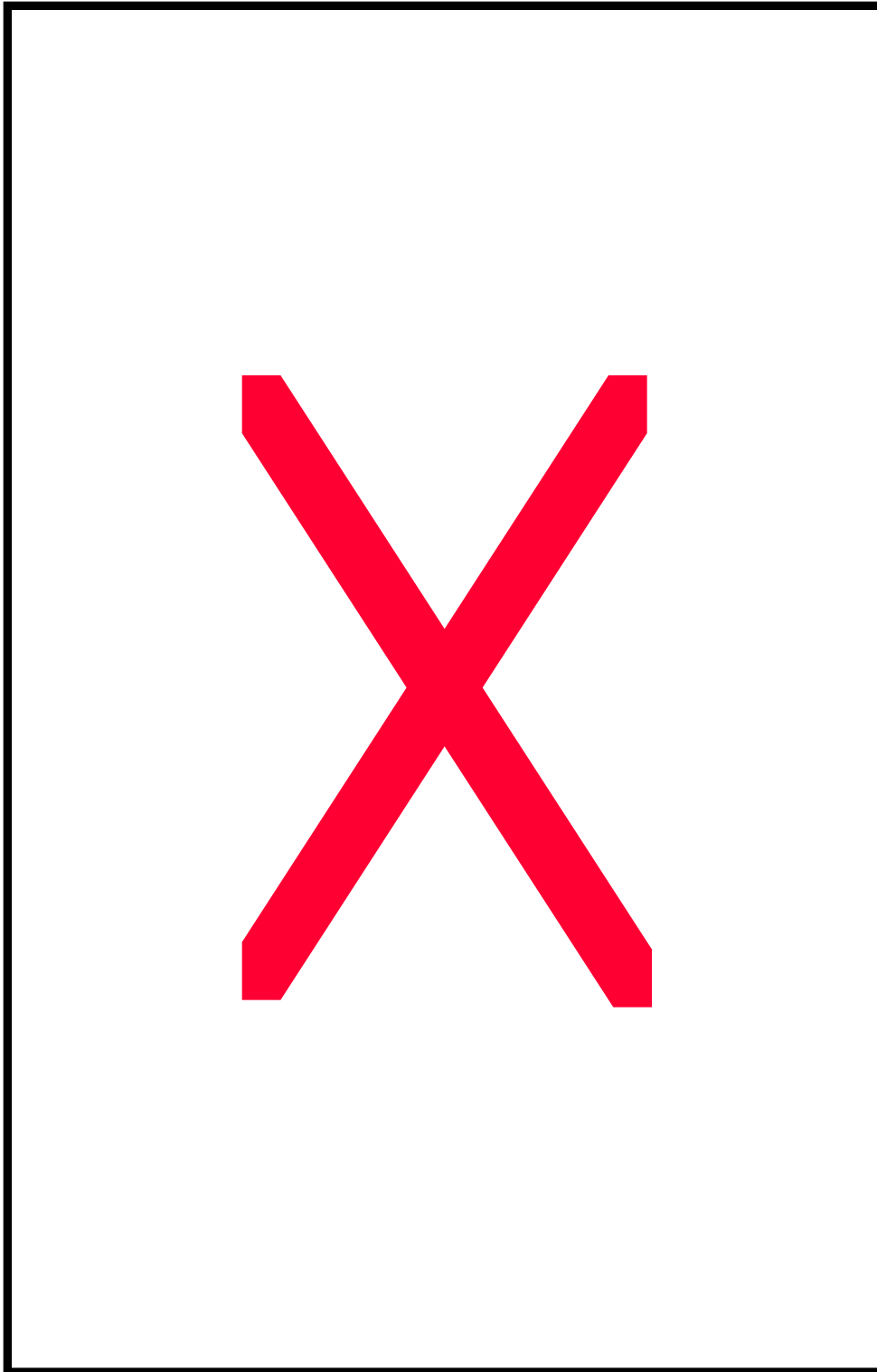


Figure 2.- Strains/Sprains.