**TREATMENT**

**NOTE**
Immediate application of cold pack will reduce swelling.

1. Wet Towel with cold water, apply to injury for 10 minutes. Repeat 3 times.

AMP (blue) 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.

![Ankle Sprain](image)

Figure 1.- Ankle Sprain.
## PAIN RELIEF

### DRUG HELP

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 cannot 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.

<table>
<thead>
<tr>
<th>AMP</th>
<th>Ascriptin (Aspirin) (P1-B1,2) - Pain reliever, anti-inflammatory</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Dose:</strong> 1-2 tablets every 4 to 6 hours as needed</td>
</tr>
</tbody>
</table>

**WARNING**

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

<table>
<thead>
<tr>
<th>AMP</th>
<th>Motrin (Ibuprofen) (P1-B5,6) - Intermediate-strength pain reliever</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Dose:</strong> 1 tablet every 8 hours with food and drink</td>
</tr>
</tbody>
</table>

**NOTE**

Do not take if allergic to aspirin.
Possible side effects
   Upset stomach, diarrhea

AMP (blue)-1 Voltaren (Diclofenac Sodium) (P1-B10) - Anti-inflammatory drug
   Effective alternative to Motrin for pain relief of headache, backache, sinus
doctor.  
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

-1 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

-1 Analgin - Non-narcotic analgesic agent
Dose: 1 tablet 3 times/day

Possible side effects
   Blood clotting defect due to low platelet count

AMP (blue) Tylenol (Acetaminophen) (P1-A1,2,3) - Aspirin-free pain reliever
Dose: 1-2 tablets every 4 to 6 hours as needed
3. After 24 hours, apply heat to injured area.

AMP (blue)

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.