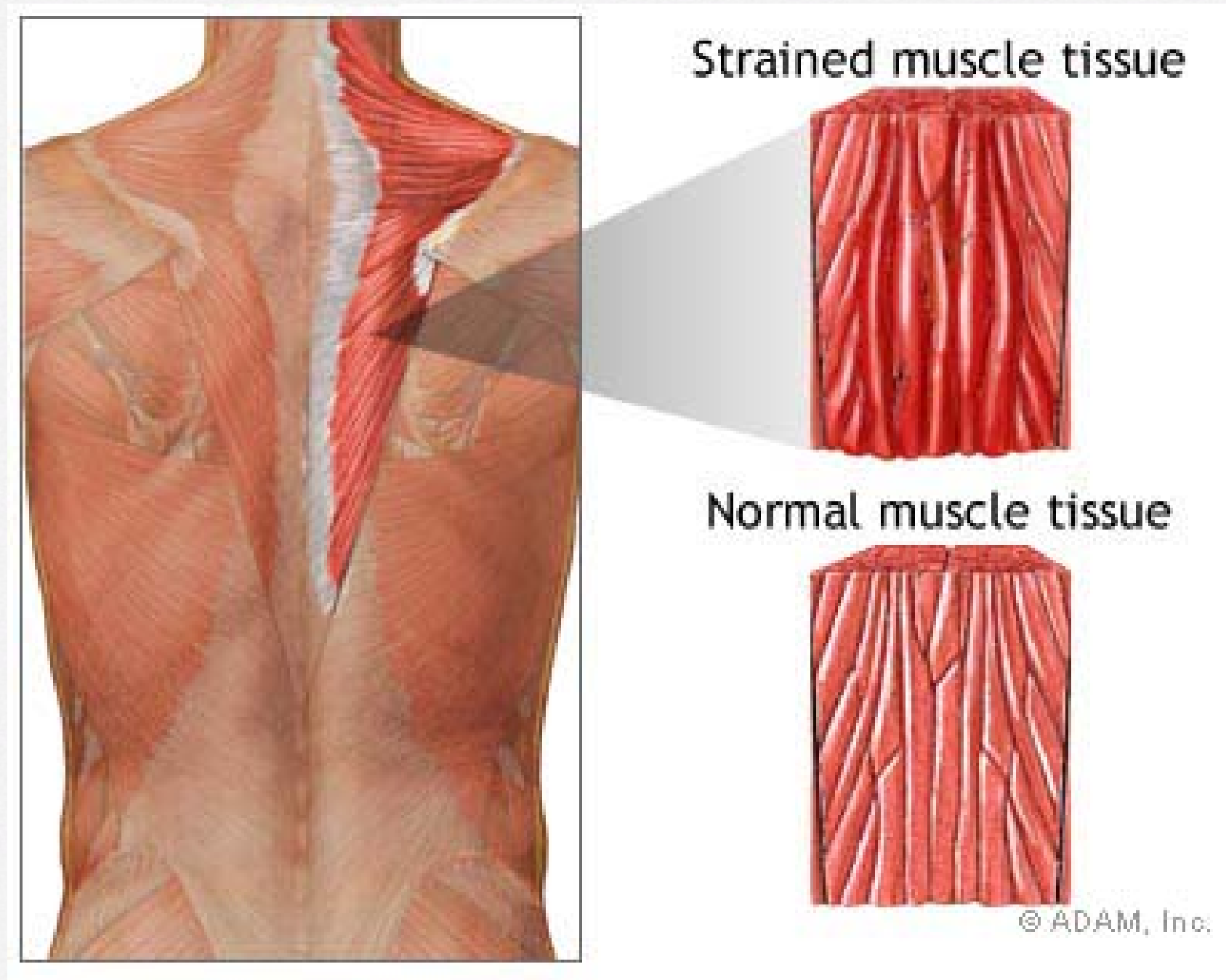


DISCLAIMER

All materials provided are for information only and do not necessarily reflect the views or positions of Riverside County Medical Association (RCMA) nor do they necessarily represent or create a standard of care with respect to the practice of medicine. If you have questions, please direct those questions to the original source and authors of those materials who did the research and writing.

Muscle Strains



- Tenderness to specific muscles

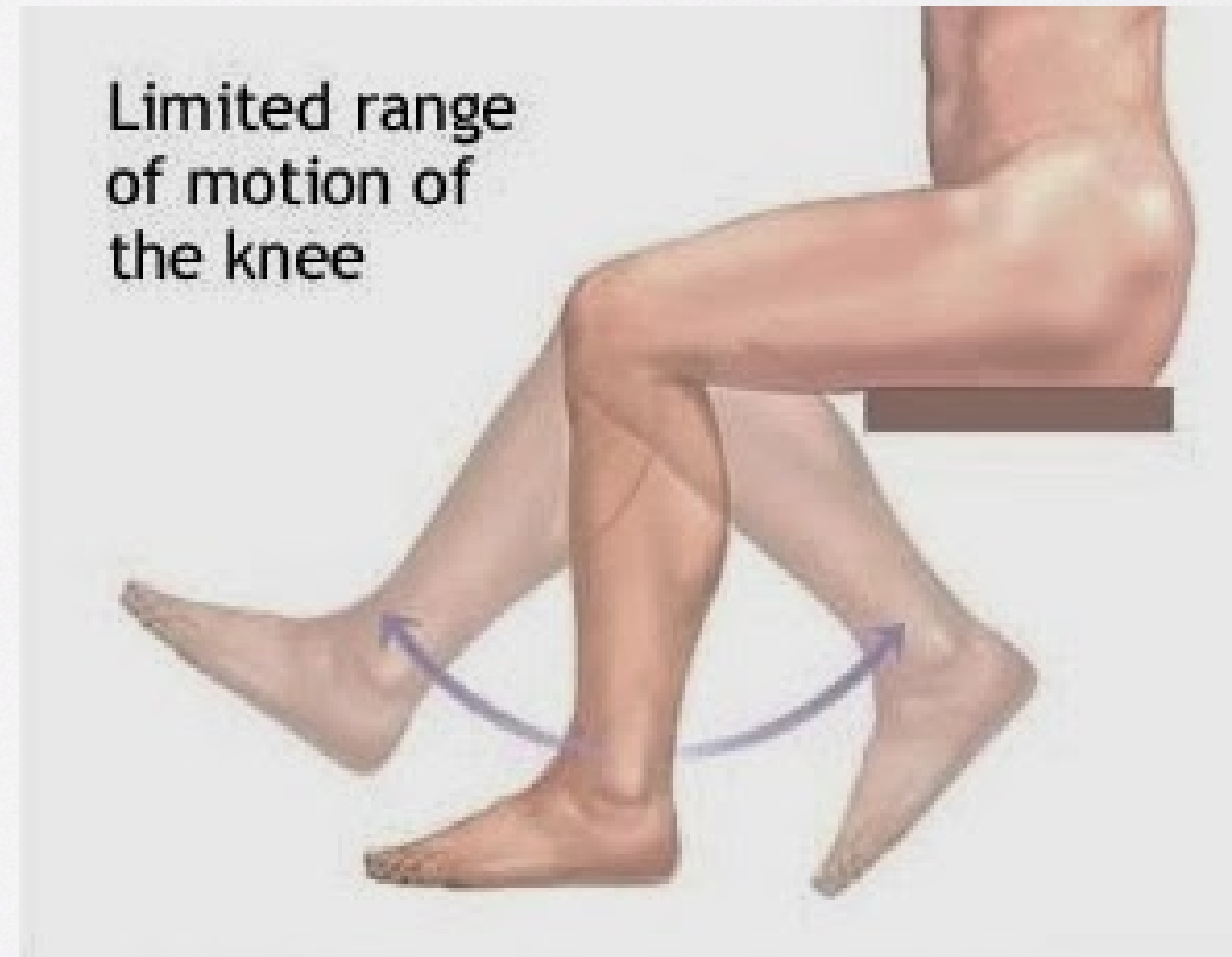
Causes of Muscle Strains

- Trauma
- Overuse
- Poor Nutrition
- Poor Supplements (Creatine)



Diagnosis of Muscle Strains

- Tenderness
- Swelling
- Warmth
- Weakness/Limited Range of Motion
- Defect in muscle belly



Treatment of Muscle Strains

- Avoid Aggravating Activities
- ICE 15 mins up to three times/day
- No stretching until pain free
- Medications
 - Creams
 - Anti-Muscle Spasm (Flexeril/Soma)
 - Anti-Inflammatories (Aleve/Naprosyn)
 - Pain Medications (Tramadol/Norco)
- Home exercises/Formal Physical Therapy
- Injections – steroids/ultrasound guided
- Surgery – (rare) muscle/fascial repair

