

The Sibley Report

March/April 2005

...the place to find valuable information to help make your job and your life easier! If you have a topic idea please call Angela Veri our Director of Customer Relations. Sibley & Associates is a national disability management firm with over a decade of experience, nearly 300 staff/consultants and state-of-the-art technology.

Ease Strains through Early Intervention

As you know, early intervention is the key to getting your clients on the road to a quick and safe recovery. The earlier you refer your clients for the services they need, the better... as early intervention is the best way to reduce inflammation and pain in the acute phase of rehabilitation. This enables an earlier introduction of range of motion exercises so that your clients can become more active, resuming activities of daily living and occupation quicker.

At the onset of injury or during rehabilitation, your clients may complain of a muscle strain - in fact, it is likely something you too have experienced! A muscle strain ("pulled" or "torn" muscle) occurs when a quick movement causes the muscle to tear or even rip. Like all areas of rehabilitation, early intervention is the best approach to help you and your clients with muscle strains.

Signs & Symptoms:

- *mild muscle strain*: initially a tight, knotted feeling. Usually some pain

but activities can often be continued with some limitations.

- *moderate muscle strain*: swelling, redness and/or heat around the injured area, which may change to bruising and tenderness.
- *severe muscle strain*: complete rupture of the muscle. Significant pain and the muscle cannot be used at all.

Treatment - Mild/Moderate Strains:

1. Stop the activity.
2. Place an ice pack over the area for 10-15 minutes, checking that the area doesn't freeze. Continue for 24 hrs. until swelling/heat subside.
3. Rest initially but not for a prolonged time. Begin moving as soon as possible to prevent stiffness, atrophy, and weakness.
4. Resume activities in moderation. To prevent a reoccurrence, warm up and stretch the muscle prior to returning to activities.
5. Severe strains require immediate attention by a healthcare professional. *Please see the attachment for tips on how to avoid strains this spring!*

Sibley
& ASSOCIATES INC.

Steve Sibley

President & C.E.O.

Jim Richings

Vice-President, Operations

Cam Lowther

Vice-President, Sales and Marketing

3027 Harvester Road, Suite 401
Burlington, Ontario L7N 3G7

Tel: 905-633-7800 or

1-800-363-8900

Fax: 905-633-7900

www.sibley.ca

