SPRAINS, STRAINS, BREAKS, & SPORTS INJURIES

Sprains: A sprain happens when you overstretch or tear a ligament. A joint is affected, but there is no dislocation or fracture. Symptoms are rapid swelling, bruising, and a warm feeling at the injured site. This is usually caused by accident, falls, or injury.

Strains: A strain is an injury to the muscles or tendons. This is usually caused by overuse. Symptoms are pain, tenderness, swelling, and bruising.

Broken Bones: Cracks in or fractures of the bone. Requires X-rays and immediate medical care. casts may be needed.

Common Sports Injuries:
- Tears or irritation of the Achilles tendon
- Blisters due to friction
- Muscle soreness
- Shin splints
- Stress fractures
- Broken bones
- Dislocations

Have all injuries checked out at the ECU Student Health Service and take advantage of the sports medicine clinic available.

Is a head, neck, or spinal injury suspected based on the following symptoms:
- Paralysis
- Inability to move extremities
- Odd positioning of head or neck
- Immediate neck pain

Did a strain, sprain, or break occur with great force from a vehicle accident or a fall from a high place?

Are any of the following present:
- A bone sticks out or bones in the injured part make a grating sound
- An injured body part looks crooked or misshapen
- A loss of feeling occurs in the injured body part
- You are unable to move or put weight on the injured part