

Sprains and Strains

Contact Details

If you have any questions please telephone the RUH Emergency Department on

01225 824000 (day)
01225 825015 (night)

Royal United Hospitals Bath
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Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.PatientAdviceandLiaisonService@nhs.net
or telephone 01225 825656.

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Sprains and Strains

Sprains to ligaments are very common and we do not always x-ray this type of injury.

The injured area will be bruised and swollen and might stay painful and uncomfortable for up to one month, but this won't be as bad as it is now.

You should:

- ✓ Take painkillers regularly such as Ibuprofen or Paracetamol (both available from chemists) to relieve the pain
- ✓ Use ice-packs (frozen peas in a damp towel will do) to help reduce bruising and swelling. Apply for 10-minutes 4-6 times a day for 48-hours after injury.
- ✓ Gently exercise your injured area to stop it becoming stiff
- ✓ Go to your GP if the pain does not get any better and we have not arranged to see you again

You should not:

- ✗ Wear a supportive bandage at night

