

Sprains

You have been assessed as having sustained a sprain. This means you have injured the soft tissues such as ligaments. It can be normal to experience some degree of discomfort and swelling for a number of weeks, if you follow the advice below these symptoms should gradually improve and you should recover more quickly. Should you experience worsening of symptoms or have any concerns, please feel free to contact the Minor Injuries Unit on the number below.

- To reduce swelling rest and raise limb as much as possible. Especially for the initial 24-48 hours.
- Wear your support from the joint above the injury to the joint below and avoid creases.
- Apply ice packs over the support for 10-15 minutes every few hours, for up to 48 hours.
- Consider starting anti-inflammatory medication after 48 hours if medically safe to do so.
- Move the joint well after using the ice pack to prevent stiffness.
- Remove the support bandage at night.
- You may benefit from physiotherapy, if your symptoms are not settling. Self-referral to physiotherapy at QVH is available.
- If your symptoms worsen please contact the Minor Injuries Unit.

Any queries please ring the Minor Injuries Unit on 01342 414375

Minor Injuries Unit Sprains

Please ask if you
would like this leaflet
in larger print or a
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