

# Preventing Strains and Sprains Infographic

## HOW DO I KNOW WHAT TYPE OF INJURY I HAVE?



A physical examination by a qualified medical professional



An X-ray may be necessary to distinguish between a strain and fracture



**STRAIN:**  
AN OVERSTRETCHED OR PARTIALLY TORN MUSCLE

**Most common locations:**  
Back, neck, hamstring

**Symptoms:**  
Sudden pain, soreness, limited range of movement

**Healing time:**  
Mild: 1-2 weeks  
Severe: 3-4 months



**SPRAIN:**  
A STRETCHED OR TORN LIGAMENT

**Most common locations:**  
Ankle

**Symptoms:**  
Pain, heat, swelling

**Healing time:**  
Mild: 1-2 weeks  
Severe: 3-4 months



**FRACTURE:**  
A BROKEN BONE

**Most common locations:**  
Wrist, ankle, hip

**Symptoms:**  
Pain, swelling, bruising

**Healing time:**  
Average 4 weeks



If you are injured, get medical attention right away.  
A fracture or tear that is not treated properly can cause long-term problems.

Source: <https://www.gohealthuc.com>