

**Medical Edge Radio from Mayo Clinic**

***Sprains***

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	SERIOUS ATHLETE OR A WEEKEND WARRIOR, AT SOME TIME OR ANOTHER YOU'VE PROBABLY SPRAINED AN ANKLE OR STRAINED A MUSCLE.
<b>Michael Stuart, M.D.</b>	"A SPRAIN IS AN INJURY TO A LIGAMENT. A STRAIN IS AN INJURY TO A MUSCLE TENDON UNIT. THAT WOULD BE A MUSCLE TEAR OR A PULLED MUSCLE."
	MAYO CLINIC'S DR. MICHAEL STUART SAYS INITIAL TREATMENT SHOULD FOLLOW THE "PRICE" APPROACH. PROTECTION AGAINST FURTHER INJURY,

	<p>RELATIVE REST, ICE, COMPRESSION AND ELEVATION. AFTER THAT TREATMENT DEPENDS UPON THE SPECIFIC INJURY. OF COURSE THE BEST TREATMENT IS PREVENTION. THAT CAN INCLUDE STRETCHING AND STRENGTHENING VULNERABLE AREAS.</p>
<b>Dr. Stuart</b>	<p>“IT’S NOT UNCOMMON FOR CERTAIN MUSCLES TO OVER POWER OTHER MUSCLES. AND SOMETIMES TRYING TO CREATE A BETTER BALANCE IN STRENGTH FOR THAT PARTICULAR ATHLETE WILL HELP PREVENT THOSE TYPES OF MUSCLE INJURIES.”</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I’M VIVIEN WILLIAMS.</p>