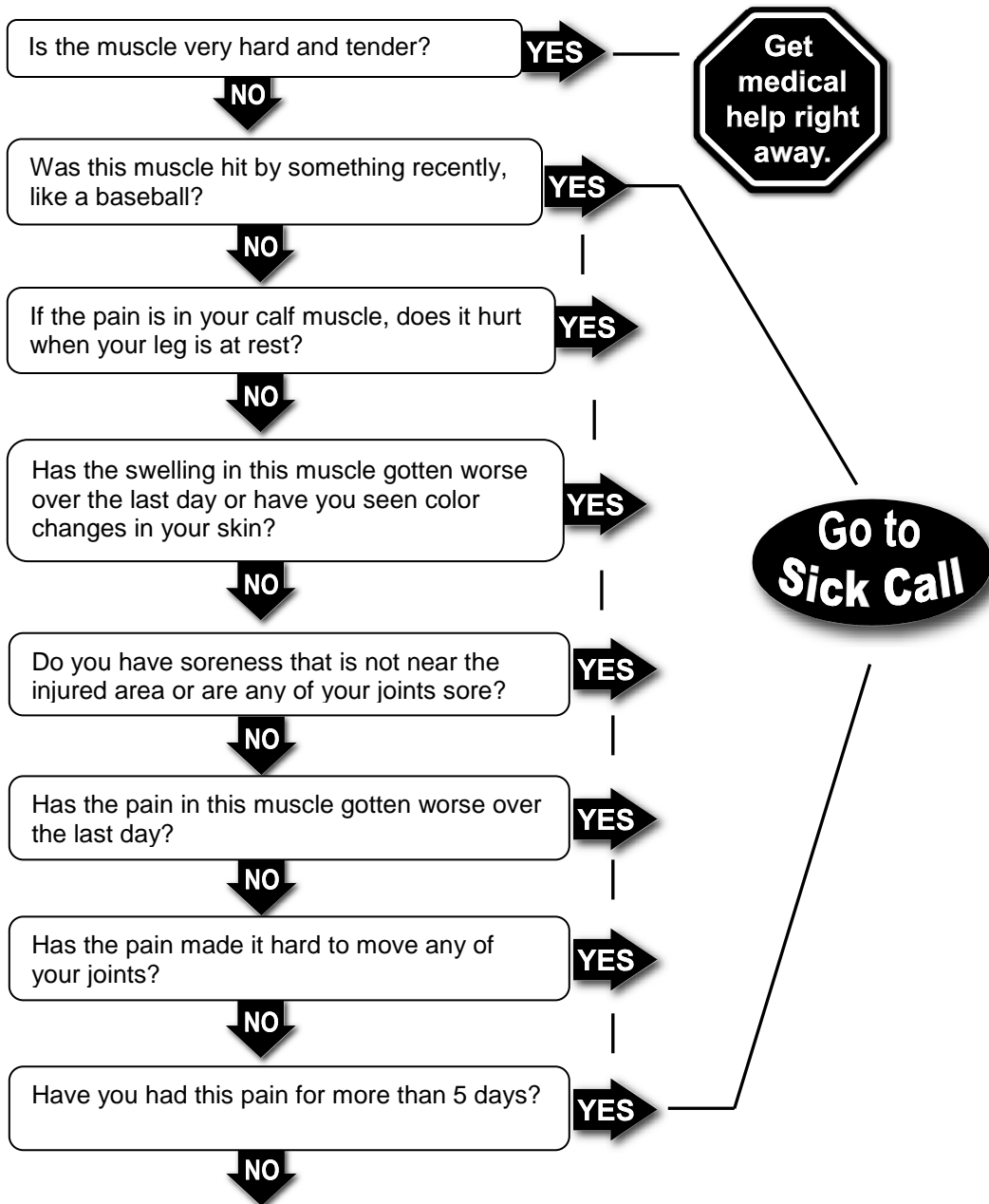


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

1. Start at the top of the diagram.
2. Answer each symptom evaluation question in order by following the appropriate YES or NO arrow.
3. If you answer NO to all questions it is probably appropriate for you to use self-care measures.
4. You are the best judge of your own health. If you are having trouble performing your duties or have a symptom that is not listed, see a healthcare provider.

Self-care Instructions for Muscle Pain and Bruises

Muscle pain happens when you strain or pull a muscle during exercise or other physical activity. Muscle pain and bruises can also be the result of getting hit by something like a baseball. Use this symptom evaluation chart if one of your muscles is swollen, painful, tender to the touch, warm, or bruised.



Muscle Pain and Bruises – continued

Use self-care measures:

RICE Protocol:

- **R**EST: If possible, rest the injured area from strenuous activity for 1 to 2 days.
- **I**CE: Put a cold pack on the injured area for 20 minutes. Repeat every 2 to 3 hours during the first day or two – especially immediately after activity. You can make a cold pack by putting ice in a plastic bag or wrapping ice in a towel. Don't put ice directly on your skin – this can cause ice burns. **DON'T USE HEAT UNLESS DIRECTED.**
- **C**OMPRESSION: Elastic sleeves or elastic wraps like ace bandages around the injured area help reduce swelling. Don't wrap the elastic too tightly.
- **E**LEVATION: If possible, the injured area should be raised above mid-chest to reduce swelling.
- Use an over-the-counter anti-inflammatory medication such as ibuprofen or aspirin as directed to help reduce swelling. Acetaminophen is a good pain reliever but will not reduce the swelling.

Go to sick call if the pain lasts longer than 5 days, or if you are having trouble performing your duties. Follow the chart if you get any of the symptoms listed.