**SYMPTOMATIC MANAGEMENT GUIDELINES FOR NON-HEALTH STAFF**

**MUSCLE INJURY**

Authorized non-health staff may manage muscle injury as follows:

1. Assess the extent of muscle injury and any associated injuries.
2. If deformity, severe pain or inability to bear weight is present, refer for immediate evaluation.
3. Apply basic first aid for musculoskeletal injury: Rest, Ice, Compression, Elevation (RICE)

* **R**est – limit use of affected area for 48 hours
* **I**ce – apply ice pack to affected area for 20 minutes four times a day
* **C**ompression – apply flexible elastic wrap if indicated
* **E**levation – for extremities as needed

1. Offer ibuprofen 400-600 mg every 6 hours [MDD 2400 mg] as needed for pain.

# WHEN TO REFER TO THE ON-CALL HEALTH AND WELLNESS STAFF

* If swelling or limited mobility increases.
* If pain relief is inadequate with ibuprofen.