**TREATMENT GUIDELINES FOR HEALTH STAFF**

**MUSCLE INJURY**

Authorized health and wellness staff may treat muscle injuries as follows:

1. Assess the extent of muscle injury and any associated injuries.
2. Apply basic first aid for musculoskeletal injury: Rest, Ice, Compression, Elevation (RICE)
3. Assess the muscle for a firm, tender bulge indicating a possible hematoma. When present, immobilize the muscle, apply an ice pack, and refer to the clinician for evaluation of the injury.
4. If limb motion is compromised, immobilize the muscle, apply an ice pack, and refer to the clinician or emergency department within 24 hours. Administer ibuprofen 400-600 mg every 6 hours [MDD 2400 mg] as needed for pain.
5. If the muscle is tender or in spasm without hematoma and with full range of adjacent joint motion, apply an ice pack, restrict activity for two days and administer ibuprofen 400-600 mg every 6 hours [MDD 2400 mg]. If pain does not resolve within 48 hours or fever occurs post injury, refer to the clinician for evaluation.

# WHEN TO REFER TO THE CENTER PHYSICIAN

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