**TREATMENT GUIDELINES FOR HEALTH STAFF**

**SPRAINS/DISLOCATIONS**

Authorized health and wellness staff may treat sprains and dislocations as follows:

1. Assess the extent of 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)

* Rest – limit use of affected area for 48 hours
* Ice – apply ice pack to affected area for 20 minutes four times a day
* Compression – apply flexible elastic wrap if indicated
* Elevation – for extremities as needed

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

# WHEN TO REFER TO CENTER PHYSICIAN

* If pain worsens or does not diminish with ibuprofen treatment within 48 to 72 hours
* If student is unable to participate in activities or has persistent limited range of joint motion for 48 to 72 hours