

Caring for a Muscle Strain or Contusion (Bruise)

Ice: Apply ice for 15 – 20 minutes then remove ice for 1 hour. Repeat as much as possible the first 48-72 hours. Ice cubes in a Ziploc bag, frozen peas/corn or a slushy pack are all good ways to ice the injured area.

Slushy pack

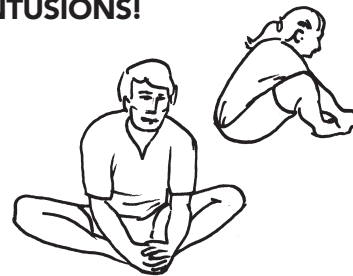
1. One bottle of rubbing alcohol
2. Two bottles of water
3. Mix in a large Ziploc bag, and freeze

Stretch: hold your stretch for 30 seconds. Do your stretch 2-3 times. Try to spend 2-3 times a day completing your stretches.

DO NOT USE HEAT ON CONTUSIONS!



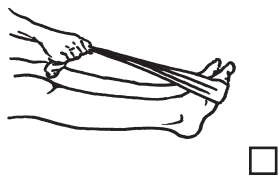
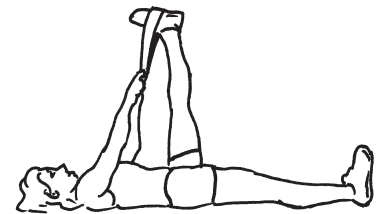
Quad Stretch



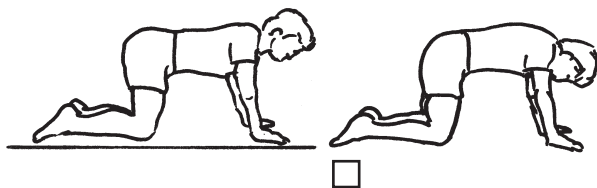
Groin Stretch



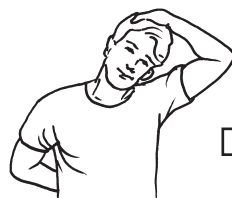
Hamstring Stretch



Calf Stretch



Low Back Stretch



Upper Trap Stretch