

Musculoskeletal Problems

Types of Problems:

- Ankle Strain/Sprain
- Foot Pain
- Bruising/swelling
- Weakness or pain in extremity or with movement
- Muscle spasm
- Back Pain

Seek Immediate Medical Care Through Emergency Room For:

- Bone is sticking through skin
- Bone deformity
- Fever greater than 100° F and you feel ill
- Severe pain of affected area
- Severe back pain
- Loss of bowel and/or bladder control
- Numbness, tingling of groin

Self-Care Treatment:

- Rest – Avoid any activity or movement that causes pain. Protect area from further injury
- Ice area – 20 minutes on, then off; several times (until appointment). Do not put ice directly on skin/injury – use a towel to prevent burns
- Compression – Wrap with ACE if you have one
- Elevate – Elevate affected area above heart if possible
- Take Pain Reliever – Ibuprofen (Advil) with food per package directions **or** Acetaminophen (Tylenol) per package directions
- Remove any tight items – i.e., shoe if ankle/foot injury
- Avoid long periods of sitting or standing
- Follow “Crutch Use” Handout if crutches given in Health Center

Call the Student Health Center or go to Urgent Care for medical attention for:

- Extremity swelling or bruising
- Extreme pain with movement
- Unable to walk without assistance
- Pain or numbness/tingling in arms or legs
- Pain with urination

Please call to make an appointment at the Student Health Center or with your PCP or go to Urgent Care or the Emergency Department if your concerns do not improve with conservative self-care treatment or if you have worsening symptoms.

Please know your health problem and allergies. Information contained in this handout is for educational purposes only. It is not a substitute for evaluation and treatment by a Healthcare professional. As new and updated information becomes available, the content may change. Please contact your Healthcare Provider or the SHC Triage Nurse at 570-389-4451 with any questions.

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Musculoskeletal Problems Nurse

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