**Sprains and strains treatment:**

Rest, ice, compression and elevation usually will help minimise the damage. It is important in all but mild cases for a medical doctor to evaluate the injury and establish a treatment and rehabilitation plan. A severe sprain or strain may require surgery or immobilisation followed by months of therapy. Mild sprains and strains may require rehabilitation exercises and activity modification during recovery.

**Prevention tips:**

- Participate in a conditioning program to build muscle strength

- Do stretching exercises daily

- Always wear properly fitting shoes

- Nourish your muscles by eating a well-balanced diet

- Warm up before any sports activity, including practice