

## MUSCULOSKELETAL INJURY GUIDELINES

1. Ibuprofen (Motrin, Advil) \_\_\_\_\_ mg 2-3 times daily with food for 5-7 days  
**Or** Naproxen Sodium (Aleve) \_\_\_\_\_ tabs 2 times daily with food for 5-7 days
2. Rest injured area from activities causing pain for 1 week
3. Light, non-painful massage
4. Ace wrap, mild compression, or bracing as indicated
5. Elevation can be helpful to reduce swelling in the first 24-48 hours
6. Cold compresses can be helpful in the first few hours after injury
7. Cold-warm-cold compresses can be used for persistent discomfort.  
It is important to begin and end with cold therapy.

