



SAFETY BULLETIN: MUSCLE STRAINS



Muscle strains are a very common injury. Most people who participate in sports have experienced one at some point. A muscle strain or pulled muscle, occurs when your muscle is overstretched or torn.

Poor conditioning, fatigue or an improper warmup can lead to a muscle strain. This can be minor like soreness after an intense workout or so severe that it needs medical attention.

When muscle strain occurs, people often report a popping or snapping sensation. This is the feeling of the muscle tissue being stretched until it snaps and is often a very painful experience. Strains most commonly occur in the lower back, neck, shoulder, or hamstring muscle, which is located in the back of the thigh.



PREVENTING MUSCLE STRAINS

There are several ways you can prevent a muscle strain from recurring, including:

- Allowing for proper time to heal from an injury.
- Stretching your muscles daily.
- Cross-training for sports by weightlifting or choosing another activity to strengthen your muscles.
- Warming up before exercise or intense activity.
- Eating foods high in potassium, like bananas and avocados, before exercise to prevent muscle fatigue.
- Properly hydrating during exercise.

TREATMENT

There are several different ways to treat muscle strains. The treatment will depend on the extent of the strain. Occasionally muscle tears require surgery, which may call for medication or physical therapy after the procedure. Your doctor will provide specific instructions based on the type and severity of your injury.

Talk to your doctor about what steps you can take to avoid muscle strains if you experience them regularly.