

Title:

Body Reactions to Injuries and Possible Treatments

Word Count:

545

Summary:

The article talks about the body's natural reaction to sports and common injuries. Minor injur

Keywords:

tramadol side effects

Article Body:

Getting an injury is probably an athlete's worst nightmare. For professional athletes, it coul

How does an injury actually hurt or immobilize a person? When a certain body part is injured,

How do we treat minor injuries? The best thing to remember in treating minor injuries is the a

Rest - the injured part as much as possible to allow the healing of damaged tissues.

Ice - Apply ice for up to 10 minutes. Do not wait for the swelling to start. This may be repea

Compression - After ice, apply a compression bandage to help minimize the swelling to the tiss

Elevation - Elevate the injured part to help limit blood flow and prevent use of muscles to th

Physical therapy combined with the use of pain relievers like Tramadol may hasten the recovery

Prevention is better than cure. Rather than seeking medical attention to treat injuries, this

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