

Idaho Falls Pediatrics

Bone, Muscle, and Joint Injury - Brief

You can take care of most muscle strain at home. You can even treat bruised muscles at home. If your child gets a bruise on a joint (the knee, hip, or elbow), most of the time it is not serious.

Broken bones need care by a doctor. Twisting injuries of the ligaments between the muscles (called sprains) also need a doctor's care.

How can I care for my child's pulled or sore muscles?

Here are ways you can help:

- Put an ice bag or cold pack on the sore muscles for 20 minutes. Repeat this 3 to 4 times the first day.
- Give your child acetaminophen (Tylenol) or ibuprofen (Advil) for at least 2 days.
- If the muscle is still stiff after 48 hours, have your child soak in a hot bath for 20 minutes. If the pain is in one certain area, use a heating pad or hot, wet washcloth. Apply heat for 10 minutes, three times a day until the pain goes away.
- Have your child do stretching exercises. Have your child get back to exercise a little at a time.

How can I care for my child's bruised muscle or bone?

- Put an ice bag or cold pack on the area for 20 minutes. Repeat this 3 to 4 times the first day. After 48 hours, apply heat with a heating pad or hot, wet washcloths for 10 minutes, three times a day.
- Give your child acetaminophen (Tylenol) or ibuprofen (Advil).
- Make sure your child rests as much as he or she can for the first 2 days.

Call Idaho Falls Pediatrics @ 522-4600 if:

- The pain is not getting better by the third day.
- The pain is not gone by 2 weeks.
- You have other concerns or questions.

*NOTE: This information is provided as a public educational service. The information does not replace any of the instructions your physician gives you. If you have a medical emergency please call the Hospital at (208) 529-6111. If you have questions about your child's care, please call Idaho Falls Pediatrics at (208) 522-4600.