

Hurt or Injured?

Pain can present in many different ways. It is important to realize the kind of pain you are experiencing and when to seek help for that pain.

Hurt: Feeling of pain with no grossly physical or physiological abnormality. Commonly after physical activity our muscles can feel heavy and sore.

Injured: Feeling of pain with physical or physiological abnormality caused by an immediate or slow onset of traumatic event.

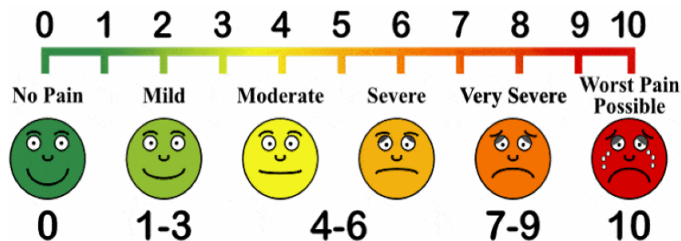
Swelling, bruising, or limited motion can be signs of injury.

How to tell?

Step one: Did something happen to cause this pain?
(i.e., slip, trip, fall, collision, overuse)

Step two: What type of pain is this? Is this higher than a 0-1 on a pain scale? (pain 1 through 10, quality of pain, bruising or swelling)

Step three: Is this affecting my everyday life or movement?



Answering yes to two or more of these questions warrants a trip to your Athletic Trainer or Health Care Provider.



Athletic Trainer

Paula Shivock

Time

3:00 pm – 8:00 pm

Location

Room 604 G

Contact

(415) 755-5733

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