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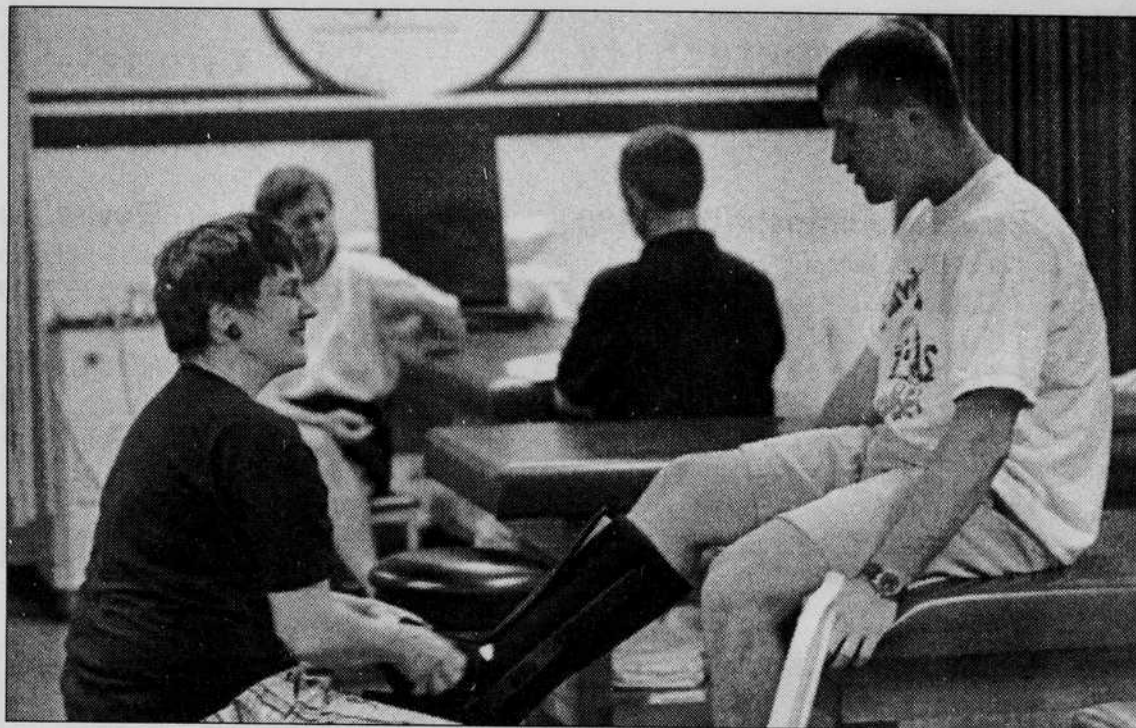
5 different shifts:

3:00-6:00 a.m. 5:00-9:00 p.m.
4:00-8:00 a.m. 10:00 p.m.-2:00 a.m.
11:00 a.m.-3:00 p.m.

Will be on campus May 29 from 9:00 a.m. to 2:00 p.m. to interview. Please pick up application in Century Room B.

CAMPUS VIEW

MONDAY'S TOPIC: Health & Science



Physical Therapy Aide Kit Frisinger helps junior Justin Lipke with a leg brace in the Student Health Center. MICHAEL CRISP/Emerald

Health center can help with sprains

■ **INJURY:** Therapists say it's best to ice, compress and elevate a sprained ankle

By Amy Palanuk
Higher Education Reporter

From out of the blue, the Frisbee glides straight toward you. You stretch to snag it, but the wind picks it up out of your reach. You jump, eyes on the disk, and leap into oblivion. You land, foot in a hole, and wince in pain.

Ouch.

Another sprained ankle.

"If it really hurts, and you can't stand on it, you do have some options," said Duane Iversen, physical therapist and athletic trainer at the Student Health Center.

For minor "tweaks," the standard procedures can be summed up in three simple letters: I.C.E.

Ice four to six times a day for 20 minutes, keep a compressive wrap on to reduce swelling and elevate the joint as often as possible, Iversen said.

If the injury appears to be worse, students can also visit the health center or Sacred Heart Medical Center.

"The health center is the quickest place for emergency care on

Ice Compression Elevation

Three simple steps to treat a sprained ankle:

■ **ICE:** Massage the swollen area with an ice cube 4-6 times a day, or apply an ice bag to ankle for 20 minutes, 4-6 times a day. If using a cold pack stored in the freezer, place a pillowcase or towel between the pack and the ankle to protect from frostbite.

■ **COMPRESSION:** A compressive wrap — ace bandage — helps reduce swelling. Keep the ace wrap on during waking hours.

■ **ELEVATION:** Elevate your foot as often as possible. Most importantly, elevate your foot at night while you sleep. Use a pillow or blanket under your mattress or lower leg.

MATT GARTON/Emerald

campus," Iversen said.

Crutches and immobilizers for more serious breaks and sprains are available at the health center, which is open seven days a week for urgent care needs.

The basement of the health cen-

ter also houses some other surprising options for the active student. Catalogs for running shoes highlight one corner, while plastic joint models decorate another. They're all a part of the physical therapy center's complete clinic where students can get professional information on recreation sports.

Many times when people sprain their ankles they were wearing running shoes, Iversen said.

Running shoes have no "lateral stability," which can be a problem when enjoying other activities.

"Make sure to wear good supportive shoes for the sport you choose. Basketball and running don't go well together," Iversen said.

A price list and display of the types of shoes is available to students in the physical therapy clinic.

Because the spring weather also beckons students outdoors for active recreation, Iversen stresses the importance of warming up those lanky joints before pounding the pavement.

"Most people don't realize that doing running, basketball and aerobics in the same day will add up," Iversen said.

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