

Rhino Rescue

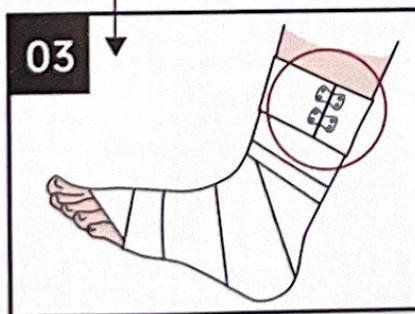
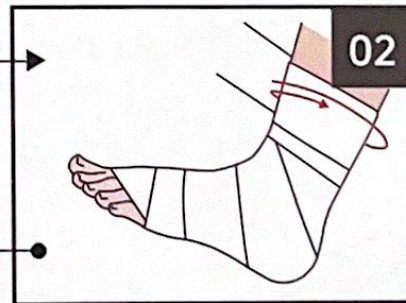
SPRAIN & STRAINS

Sprain&strains are usually minor, but if not given proper treatment at the right moment could lead to major injury.



Ice your ankle for 15 minutes once every 2-3 hours.

Bandage the sprained area with gauze for immobilization.



Use the metal fasteners to secure the remaining bandage.



Ice Pack
Bandage