



Acute Soft Tissue Injury



Soft tissue injuries can occur during sport or as a result of a fall, twisting or over-reaching strain. The injury may be to a muscle, tendon, ligament, fascia or joint. There may be swelling and bruising in the area. If you have sustained a soft tissue injury, the advice within the first 72 hours is to follow the PRICE guidelines'

"P" PROTECTION

Protect the injured tissues from stresses which may disrupt the healing process. This includes Avoiding activities which may aggravate the condition, particularly sport and exercise. Protection using strapping, splints or slings may be beneficial. For leg injuries, it may be necessary to use crutches temporarily.

"R" REST

Rest promotes and protects the repair tissue formed in the early stages of the healing process. It is still important to move the injured part gently to provide normal mechanical stresses which promote correct healing, but this should be done in a gentle, controlled way.

"I" ICE

Ice helps to reduce pain and limit the inflammation which naturally occurs following injury. In the first 72 hours, **apply ice** to the area (a bag of frozen peas / crushed ice wrapped in a damp tea towel), for 15 – 20 minutes every few hours.

"C" COMPRESSION

This will limit the amount of swelling in the area, which promotes full recovery of movement later. It can be done by applying tubigrip, compressive bandages or elasticated supports. Be careful not to compress too tightly – you shouldn't feel numbness below or see swelling getting trapped beyond the compression.

"E" ELEVATION

This lowers the pressure in local blood vessels, helping to limit the bleeding and reduce swelling. If your injury is to the leg try to keep your leg elevated but supported and try to get the foot higher than the hip.

The above advice is a general guideline and if symptoms persist beyond a few days you may wish to come and have an assessment with us, so that we can **tailor a treatment plan specifically for you.**



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