

SOFT TISSUES INJURY

Common causes of Soft Tissue Injuries include poor preparation for the task/sport, over training, poor equipment, poor technique and collision/blow.

The effect of injury is inflammation. This initially results in pain and swelling. Inflammation usually lasts for about 48-72 hours after which time the main problems are those of bruising, stiffness and weakness. If very painful or swollen then you should seek medical attention. However self-treatment can be very effective.

Treatment of Soft Tissue Injuries

First 48 hours- The aim is to resolve any inflammation.

- **Rest**
- **Ice-**an icepack or bag of frozen vegetables (wrapped in a damp cloth to prevent any ice burns) can be applied to the injury part. *Please note* once defrosted, frozen foods should not be consumed. If applied over a bony area then application should up to 20minutes.
- **Compression-** This will help reduce swelling. An elastic bandage or tubigrip should be used. It should not be applied too tightly.
- **Elevation-** This will help to reduce swelling especially when the injured part is raised above the level of the heart.

After 48 hours

The main problems are those of stiffness and weakness. One should start to gradually return to normal activity.

Prevention of Injury

- Maintain Flexibility- Stretch all muscle groups regularly.
- Maintain General Strength- Good muscle strength protects joints from damage.
- Progress an Activity Gradually- Don't do too much too soon.
- Choose equipment carefully