

## MANAGING AN ACUTE SOFT TISSUE INJURY.

Anyone that is in any way active will at some stage throughout their lifetime sustain an acute soft tissue injury. These can range from simply twisting your ankle right up to a complete tear of a muscle. The initial treatment for all soft tissue injuries is the same. Below are a few simple tips for managing an acute (first 24 hours) Soft Tissue Injury. If the symptoms have not resolved in that time you should consult your local Chartered Physiotherapist.

### **RICE**

**REST** - as much as possible try and keep off/don't use the injured area

**ICE** - place an ice pack on the injured area. Ensure it is not directly against the skin (place a wet cloth between your skin and the ice) and only for 20mins at a time.

**COMPRESSION** - If swelling is apparent use a compression bandage to try minimise the amount of swelling. Ensure circulation to other more distal areas is not effected.

**ELEVATION** - Try to get the injured body part raised above the level of the heart in a comfortable and supported position, this will also aim to minimise swelling.

### **FURTHER TIPS**

- Consult with a pharmacist or a doctor about the use of Anti-inflammatories.
- Do not use heat on any area that is inflamed or that has a visible bruise. A useful rule of thumb is not to use heat for the first 24-36 hours' post trauma.
- If it is a recurring injury and if symptoms have not resolved in that time, contact your local Chartered Physiotherapist for further advice and to get a strengthening and biomechanics programme.