



Initial Management of Soft Tissue Injury - by Tudor Physiotherapy

The following guide is appropriate to the inflammatory phase of soft tissue injury (especially the initial 48 to 72 Hours) but should be initiated as soon as possible after injury. With serious injury medical help should be sought.

1. Protection

- a. Remove from scene of injury
- b. Protect tissues from further damage
- c. Use sling crutches where appropriate

2. Rest

- a. To reduce metabolic demands of injured area
- b. Non tensioning of injured area (5 days approx.)
- c. To protect fibrin framework
- d. Uninjured areas - gentle exercise 48 hours+

3. Ice

- a. Reduces temperature and thereby metabolic demand
- b. Local vasoconstriction and thereby local bleeding
- c. Aids pain relief
- d. Should be applied immediately following injury
- e. Apply for 20-30 minutes and repeat 2 hourly
- f. Crushed ice or frozen peas in damp towel
- g. After 48 hours the only effect will be pain relief
- h. Care should be taken with reduced sensation

4. Compression

- a. Limits swelling
- b. Helps control fibrin levels (scar tissue)
- c. Pressure must be uniform and not exceed weight of hand
- d. Not in combination with elevation
- e. Check circulation after application

5. Elevation

- a. Lowers blood pressure and limits bleeding
- b. Aids removal of swelling
- c. Injured part should be above level of heart
- d. Injured part should be adequately supported

6. NSAIDS (Non Steroidal Anti Inflammatory Drugs)

- a. Use should be under medical direction (GP or Pharmacist)

7. Physiotherapy

- a. Arrange assessment and treatment as soon as possible