

Care after minor sprains, strains or bruises (soft tissue injuries)

Emergency Department

Information for Patients

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What is a soft tissue injury?

Soft tissue injuries are also known as sprains, strains and bruises. These injuries can be caused by trauma such as a fall, a twist or blow to your body, or from an overuse injury caused by repetitive activity which is not given enough time to heal.

What is the best way to treat a soft tissue injury?

When a soft tissue injury occurs they are best treated by following **PRICE**:

- **Protect** - stop repetitive exercise or activities that are painful. You may be given a splint to protect the area.
- **Rest** - you may be given crutches or a sling to help rest the area. However, gentle movements will stop the area becoming stiff and uncomfortable and may even help with healing.
- **Ice** - apply an ice pack to the area to help reduce swelling (do not apply ice directly onto your skin).
- **Compression** - sometimes applying compression with a bandage can help to reduce swelling. If a compression bandage is used remember to remove it at night.
- **Elevation** - keep your injured body part raised as much as possible. This can help reduce swelling and discomfort.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Advice to follow

Soft tissue injuries should settle in 2 to 3 weeks. If the pain has not improved please see your GP.

Follow the advice below after your injury:

- Take regular pain relief such as paracetamol or ibuprofen.
- Make sure you continue to use affected areas to prevent stiffness.
- Avoid doing too much activity until the pain has settled.
- Avoid hot baths and massages in the early stage, as this can increase blood flow and bleeding.

Contact details

Minor Injuries Unit, Emergency Department, Leicester Royal Infirmary

Switchboard Tel: 0300 303 1573 (ext 0052 or 0054).

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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