

Soft tissue injuries



Hope Building
Emergency Department
0161 206 4841



Health & care
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The Information Standard

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Soft Tissue Injuries

You have been seen in the Emergency Department today and diagnosed as having a soft tissue injury. This means an injury to a ligament, tendon, or muscle, and not to a bone. This type of injury is sometimes known as a “sprain” or “strain”.

The following steps can help the healing process:

- **Rest the injured area**

After 2-3 days, or sooner if there has been an obvious improvement, start to gently exercise

- **Apply ice to the injured area, wrapped in a cloth**

This should be done for 5-10 minutes every 2 hours at first, used less often after the first 24 hours

- **Where practical, raise the injured part above the level of your heart** for as much of the time as possible during the first 3 days after the injury

You may find painkillers such as paracetamol helpful. Also, “anti-inflammatory” medicines such as ibuprofen (in tablet or gel form) may help, especially in the first 3 days.

However, there are a number of medical conditions which make this treatment less safe - check the packaging, or ask a doctor or pharmacist, for details if you are not sure.

Soft tissue injuries can take several weeks to fully settle. You should avoid any activities, such as contact sports, which could lead to a further injury during this time.

Important

If the injured area does not seem to be improving by 2 weeks after the injury, or is not significantly better by 6-8 weeks, you should be re-assessed.

For this, you should either return to the Emergency Department or visit your GP.

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For further information on this leaflet, it's references and sources used, please contact **0161 206 4841**.

Copies of this leaflet are available in other formats (for example, large print or easyread) upon request. Alternative formats may also be available via www.srft.nhs.uk/for-patients/patient-leaflets/

In accordance with the Equality Act we will make reasonable adjustments to enable individuals with disabilities to access this service. Please contact the service/clinic you are attending by phone or email prior to your appointment to discuss your requirements.

Interpreters are available for both verbal and non-verbal (e.g. British Sign Language) languages, on request. Please contact the service/clinic you are visiting to request this.

If you need this information leaflet translated, please telephone:

Polish Jeżeli potrzebne jest Państwu tłumaczenie, proszę zadzwonić pod numer.

Urdu اگر آپ کو اس ترجمانی کی ضرورت ہے تو مہربانی کر کے فون کریں۔

Arabic اذا كنتم بحاجة الى تفسير او ترجمة هذا الرجاء الاتصال

Chinese 如果需要翻译，请拨打电话

Farsi اگر به ترجمه این نیاز دارید ، لطفاً تلفن کنید

0161 206 0224

or Email: InterpretationandTrans@srft.nhs.uk

Under the Human Tissue Act 2004, consent will not be required from living patients from whom tissue has been taken for diagnosis or testing to use any left over tissue for the following purposes: clinical audit, education or training relating to human health, performance assessment, public health monitoring and quality assurance.

If you object to your tissue being used for any of the above purposes, please inform a member of staff immediately.

Salford Royal operates a smoke-free policy.

For advice on stopping smoking contact the Hospital Specialist Stop Smoking Service on 0161 206 1779

This is a teaching hospital which plays an important role in the training of future doctors. The part patients play in this process is essential to make sure that we produce the right quality doctors for all of our futures. If at any time you would prefer not to have students present please inform the doctor or nurses and this will not affect your care in anyway.

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