

Soft tissue injury

This injury can involve damage to muscles, tendons, joint capsules and ligaments. You can do a lot yourself to speed the healing of your injury.

- Repeat the 20 minute ice treatment every four hours for the first 24 hours. Rest and elevate as much as possible.
- Never rub, massage or apply heat to a soft tissue injury for at least 24 hours. If you do so you may start the bleeding again and this will delay the healing process.

After resting the injured limb for 24 hours (or longer if advised by the doctor) the RICE treatment is continued and combined with gentle exercise.

Begin to exercise the injured part by taking the joint or muscle gently through the normal range of movement. (Compare it with the uninjured limb).

Do not force movements of the injured limb and keep within pain limits.

- If pain is excessive—STOP.
- Apply ice immediately after exercise.
- If despite the RICE treatment the injury does not improve in a few days then contact your doctor again.

Self treatment

- Stop exercise as soon as you feel a sprain or a strain.
- Immediately apply the RICE treatment for 20 minutes (below). Treatment in the first five minutes will reduce blood flow into the damaged tissues.

REST

Stop exercise. Rest prevents further tissue damage and reduces bleeding into the tissues that can lead to swelling and more pain

ICE

Cool affected area by applying crushed ice wrapped in a towel.

This should be applied every 4-5 hours for no more than 20 Minutes at a time.

COMPRESSION

If your injury is to a limb you will probably have been provided with a bandage.

Remove at night

Reapply in the morning

The bandage helps with swelling

ELEVATION

The damaged limb must be raised as much as possible, ideally above the level of the heart to allow fluid drainage and reduce swelling

If your condition does not improve and your general practice (GP) is unavailable, contact the 24 Hour Surgery.

If you require further medical assistance and your general practice (GP) is unavailable, contact the 24 Hour Surgery:
Phone 365-7777, 401 Madras Street.

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24 Hour Surgery
401 Madras Street

Urgent medical and accident care 24/7

24hoursurgery.co.nz

Phone: 365-7777

24
HOUR
SURGERY

