



Soft Tissue Injury Advice

What is Soft Tissue Injury?

Soft Tissue Injury describes common injuries to the body, such as sprains, strains and bruising.

Symptoms include pain and discomfort which may last for 2 months or more. The first week or 2 are usually the most painful times.

You may need an x-ray for doctors to see your injury more clearly so that they can treat it. You may also need to return to hospital for a follow up x-ray to see how well your injury is healing.

Treating your Injury

Keeping your injury cool will reduce the pain. Crushed ice can be used for this, or frozen peas.

- Do not apply the ice/peas directly to the skin, but wrap it in a damp towel and mould it to the injury.
- Do this for 20 minutes 3 or 4 times daily for the first few days after injury.

Movement

Make sure you move the injured part regularly

With foot / leg injuries, start to take weight on your ankle as soon as possible. This will normally be after about 2 days.

Leg / Foot Injuries

Do these exercises while sitting or lying down.

Toe Exercises: move your foot up and down as far as you can, slowly at first

Ankle Exercises: draw a circle in the air with your big toe, moving only the ankle.

When sitting, raise your foot up so that it is slightly higher than your hip level.

Hand Injuries

If your hand is swollen do not let it hang:
Keep it in a sling or on a pillow

Hand Exercises: move/wriggle your fingers and move the hand in circles from the wrist.

Tubigrip

You may have been given Tubigrip to help control the swelling

Tubigrip should only be used for a short time.
Remove the Tubigrip:

- At night
- If you get pins and needles in your foot or hand
- If your foot or hand becomes blue in colour

Pain Relief

You may have been given paracetamol for pain relief. It is safe to take 2 tablets of paracetamol every 4 to 6 hours.

Do not take more than 8 paracetamol tablets within a 24 hour period.

It also helps to use ice to control the pain.

Patient Confidentiality

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