

Oxford Health
NHS Foundation Trust



Urgent care

Soft tissue injury advice

What is a soft tissue injury?

A soft tissue injury is any injury to the body's soft tissue, which can be as a result of a direct blow or overuse of structures in the body. A soft tissue injury is any injury which occurs to the ligaments, muscles and tendons.

The aim of treatment is to optimise healing and speed the recovery period, by decreasing pain and allowing you to get back to normal as soon as possible.

Painkillers

Take regular analgesia to help you move more easily and to help you to exercise the injured limb. Do not take NSAIDs (non steroidal anti-inflammatory drugs), such as ibuprofen, for the first three days after an injury.

Rest

Rest for 24 to 48 hours but gently exercise the injured limb to prevent stiffness.

Applying ice for 10-20 minutes every two hours during the first 24 to 48 hours post-injury will help to reduce swelling. A bag of frozen peas wrapped in a tea towel is ideal. Do not apply ice directly onto the skin.

Elevation

The injured limb should be elevated while resting. This helps to reduce the amount of swelling and therefore aid healing.

Ideally, the injured limb should be elevated to the height of the heart.

It is important to allow the injured area to heal before returning to strenuous exercise as this may risk further injury, prolonged instability or repetitive similar injury in the future.

Muscle injuries

If you have injured a muscle you need to be aware of compartment syndrome. This is when the muscle swells and squashes the blood vessels in the middle. The symptoms include decreased circulation to the extremities and pain. Therefore, if your fingers or toes turn cold and are blue or white and you experience severe pain, you need to seek urgent medical treatment at your nearest accident and emergency (A&E) department.

Individual management plan

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For further advice please contact:

Abingdon Minor Injury Unit	01865 903 176
Henley Minor Injury Unit	01865 903 755
Witney Minor Injury Unit	01865 903 841
Wallingford First Aid Unit	01865 903 471
Bicester First Aid Unit	01865 903 976

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

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若您需要本信息的另一种语言或格式的版本文，请与我们联系

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اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقہ سے درکار ہوں تو براہ کرم ہمیں سے پوچھیں:-

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This service is part of the Older People Directorate.

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