

# Soft Tissue Injury

## Health Centre Factsheet



BUNBURY CATHEDRAL GRAMMAR SCHOOL

Soft tissue injury can cause pain, swelling and bruising.

Symptoms can be improved using the **R.I.C.E.R** method:

- **R**est the injured limb/site for 24 to 48hrs
- **I**ce – apply ice/cold packs wrapped in paper towel. Apply for 20mins every 2hrs over the next 24hrs.
- **C**ompression – apply a supportive bandage or tubigrip to the affected area. Ensure it's not too tight.
- **E**levate the injured area as much as possible over the next 48hrs.
- **R**eferral -have the injury checked by a doctor if necessary.

Do no H.A.R.M for the first 72 hours post injury.

- **H**eat
- **A**lcohol
- **R**unning
- **M**assage

It's important to gently mobilise the affected area as tolerated. Exercise within your own limits. Complete healing may take up to six weeks. Consider Physiotherapy to encourage the healing process.

