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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ने उदाहृत उदाहरणों में लैंगिंग वी उां विरुधा करके इस नंघर उे डेन करे: 01932 723553

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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Sprains, Strains and Soft Tissue Injuries

Advice for Patients

Sprains, Strains and Soft Tissue Injuries

Sprains to ligaments, strains to muscles and soft tissue injuries are all very common. These injuries are often diagnosed by their clinical presentation and therefore do not always require an x-ray.

The injury will be painful and there may be bruising and swelling around the site.

The discomfort of a sprain/strain may last for up to two months depending on the severity of the injury.

TREATMENT

The principle of treatment for all these injuries is the same. You can be reassured that the bone is not broken and, as such, it is not necessary to immobilise the joint. In fact it is important to keep the joint moving.

A useful **RECIPE** to encourage healing of the injury is as follows:

- **REST** the affected joint for the first 24-48 hours
- **ELEVATE** the affected limb whenever possible
- **COLD** packs or
- **ICE** to help reduce swelling
- **PAIN** relief, e.g. Paracetamol
- **EXERCISE** the affected joint gently

WRIST EXERCISES

- Bend your wrist downwards, then backwards / upwards.
- Move your wrist from side to side
- Rotate your wrist clockwise and then anti-clockwise.

HAND & FINGER EXERCISES

- Curl up your fingers rightly then straighten them out fully.
- Stretch your fingers out and then press them together tightly
- Use your thumb to press hard on the tips of the other fingers in turn.

ANKLE INJURIES

- Bring your foot up to bend fully at the ankle.
- Point your toes fully.
- Move your ankle from side to side.
- Rotate your ankle clockwise and then anti-clockwise.

These exercises are very important in aiding your recovery.

Each exercise should be repeated 10 times every two hours.

Should you require further advice or assistance please telephone **01932 722025** for Accident & Emergency at St. Peter's Hospital.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk.

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