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اگر آپ کو اس کے ترجمے کی ضرورت ہو تو آپ ہم سے رجوع فرمائیں۔

আপনার যদি এই পত্রের অনুবাদের দরকার হয়,
তাহলে দয়া করে যোগাযোগ করুন :

Patient Advice and Liaison Service (PALS)
01932 723553

SPRAINS, STRAINS & SOFT TISSUE INJURIES

Advice for Patients

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA

Telephone **01784 884488** Facsimile **01784 884017**

St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ

Telephone **01932 872000** Facsimile **01932 874757**

Website: www.ashfordstpeters.nhs.uk

PATIENT INFORMATION

SPRAINS, STRAINS & 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.

FURTHER INFORMATION

Additional advice or information can be obtained by contacting Walk-in Centre at Ashford Hospital on **01784 884828** or Accident & Emergency at St. Peter's Hospital on **01932 772025**.

Author:	Helen Hepworth
Department:	Walk-In Centre
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