

Contusions

A contusion occurs as a result of a direct traumatic blow to a muscle, resulting in bleeding (bruising), muscle swelling, and the possibly of some tearing of muscle fibres.

SIGNS AND SYMPTOMS OF A CONTUSION

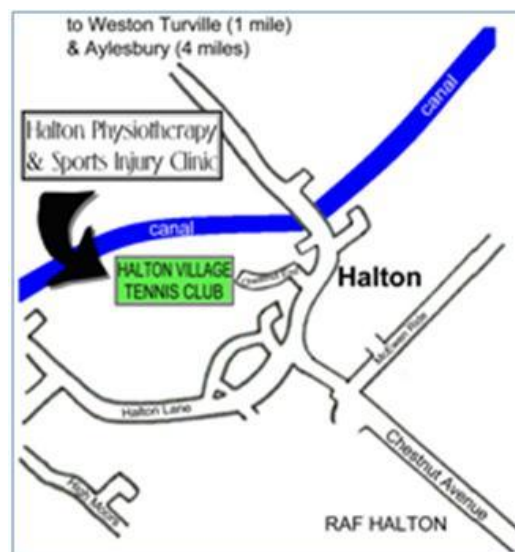
Grade of injury	Grade 1	Grade 2	Grade 3
Injury	Direct blow to muscle No tearing of muscle fibres	Direct blow to muscle +/- tearing of muscle fibres	Direct blow to muscle +/- tearing of muscle fibres
Swelling and bruising	Minimal	Moderate	Significant
Pain	Mild Pain On contraction or stretching of muscle	Moderate Pain Interferes with ability of muscle to contract or lengthen	Severe Pain May significantly interfere with function
Muscle Spasm	Minimal	Moderate Confined to injured muscle, limiting normal range of movement	Severe Spasm of adjacent muscles causing loss of movement
Strength	Minimal loss	Slight decrease in strength Restricts normal function	Significant decrease Muscle maybe incapable of generating force

Booking a consultation

The clinic aims to be as flexible as possible offering appointments to suit individuals. Daytime and evening consultations are available depending on the day.

Children under the age of 16 must be accompanied by a parent/guardian to consent for treatment.

Map



Contact Details

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SPRAINS, STRAINS & CONTUSIONS



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Introduction

Immediate (First Aid) treatment is essential in the management of acute injuries to minimise the effects of injury, and to protect against further trauma. It is important to have an understanding of the different types of injury, and the degree of severity, in order to manage them effectively. The commonest types of acute fall into the following categories:-

Sprains (injury to ligament)

Strains (injury to muscle)

Contusions (direct blows)

The severity of the type of injury can also be classified into 3 different grades – grades 1, 2 or 3. Identifying the degree of severity of the injury determines the type of management, as well as giving an indication to the length of recovery period and overall prognosis.

1st Aid Treatment

Injuries can be treated in the initial 48 hours with the **PRICE** regime:-

- **Protection** – Protect the area from further injury with a brace, bandage, etc.
- **Rest** - two days of relative rest to prevent provocation of injured tissue.
- **Ice** - apply an ice pack to the area for up to 20 minutes. The ice must not touch the skin directly as this may cause an ice burn, so place a towel over the injured part first.
- **Compression** – A compression bandage can limit swelling and help restrict movement.
- **Elevation** - raising the injured part above the level of the heart can help reduce swelling.

Sprains

A sprain is overstretching of a ligament (a fibrous band which joins bones together across a joint), when a joint is forced beyond its normal range of movement. In sports and training activities, ligament sprains are commonly seen at the ankle and knee joints.

SIGNS AND SYMPTOMS OF A SPRAIN

Grade of injury	Grade 1	Grade 2	Grade 3
Injury	Mild Overstretch No tearing of ligament fibres	Moderate Overstretch Some tearing of ligament fibres	Severe Overstretch Complete tear in the ligament
Swelling and bruising	Minimal	Moderate	Significant
Pain	Mild Pain Felt at end of range of movement	Moderate Pain Felt on any movement of the joint	Severe and constant variable pain
Joint stability	Fully stable	Minor instability	Gross instability Movement may be protected by spasm

Strains

A strain is overstretching of a muscle and/or its tendon (the fibrous stringy band that attaches muscle to bone). It occurs by excessive rapid lengthening (stretching) or by an excessively powerful muscle contraction when movement is restricted.

SIGNS AND SYMPTOMS OF A STRAIN

Grade of injury	Grade 1	Grade 2	Grade 3
Injury	Overstretch No tearing of muscle fibres	Excessive stretch Some tearing of muscle fibres	Complete tear of the muscle
Swelling and bruising	Minimal	Moderate	Significant
Pain	Mild Pain On contraction or stretching of muscle	Moderate Pain On contraction or stretching of muscle	Severe and constant variable pain
Strength	Minimal loss	Slight decrease in strength	Inability of muscle to generate force or movement

If pain and disability does not settle quickly then it is advised you consult a doctor or physiotherapist. A full assessment can then be made and a plan formulated to appropriately manage your condition. Occasionally, if the injury is deemed severe, it may be advised you are referred to a hospital consultant who may recommend further investigations and/or surgery.