

## Acute Injury Management

**Following an event that results in a soft tissue injury such as a sprain of a ligament or pulled muscle it is important that we let the body use it's own healing strategies.**

If following an injury, you or your child are in severe Pain, the area looks swollen, or it cannot be moved, or weight put through it then you should visit a minor injuries unit.

Following an event that results in a soft tissue injury such as a sprain of a ligament or pulled muscle it is important that we let the body use it's own healing strategies. We shouldn't take any anti-inflammatory medicines for the first couple of days because they will slow down the process that helps our body to heal. Ice may also slow this down in the first couple of days.

We need to protect the injury for the first 1-3 days by not putting too much weight on it, not moving it too much or doing anything that causes a lot of pain. It is important not to rest it too much though.

You can lift the injured part of the body up so it is higher than your heart, this will help manage any swelling. You can also use tubular bandage or taping to gently squeeze the injury which can also help with swelling and make it feel more comfortable.

If it is painful you can speak to the pharmacist about taking painkillers such as paracetamol.

After a few days it should be less painful and easier to move and use. It is important at this stage to use it as normally as possible.

Soft tissue injuries can take a couple of weeks to fully heal and for the body part to return to normal.

### Activity & Exercise

**Keeping active and doing regular exercise is an essential part of your recovery and long-term management.**

Being physically active throughout your recovery and beyond can:

- prevent a recurrence of the problem
- maintain your current levels of fitness – even if you have to modify what you normally do, any activity is better than none
- keep your other muscles and joints strong and flexible

There is no activity or exercise that is better than another. There are some that we may prefer or some that just suit us better. Even at this time when access to normal exercise options may be limited, there are lots of possibilities to get your activity and exercise [Exercise - NHS \(www.nhs.uk\)](http://www.nhs.uk) needs including online videos from the NHS Fitness Studio. [Fitness Studio exercise videos - NHS \(www.nhs.uk\)](http://www.nhs.uk) Find further Physical Activity Guidelines here [Physical activity guidelines: infographics - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

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