

body matters

treating you better

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Sports Injuries: First Aid for Muscle Strains/Joint Strains



What you do in the early stages of an injury can have a big impact on the length of time away from sport.

After an injury, there will be bleeding into the damaged tissues. Reducing the amount of bleeding and swelling will limit the amount of damage and excess scar tissue formation. The recommendation is to follow the following procedures summarised by the mnemonic PRICE:

Protect: Stop activity. If necessary, use crutches.

Rest: Avoid stressing injury.

Ice: As soon as possible, and until swelling subsides (for 20 minute max sessions) Use a commercial ice pack or ice wrapped in a towel. Do not apply ice directly to the skin, as it may cause an ice burn.

Compression: With bandage/tubigrip.

Elevate: Injury above level of heart.

Seek medical advice if the condition is serious or the pain severe.

Physiotherapy Treatment for Sports Injuries

Sports injuries may broadly be divided into injuries due to accidents and those due to overuse syndromes.

Acute soft tissue injuries due to accidents tend to lead to swelling and inflammation. There may be damage to ligaments, tendons, muscles or cartilage. Physiotherapy can help to reduce the swelling and promote effective healing. Once healing is established, we would work to maintain joint mobility, and restore strength and stability.

Overuse Syndromes are often caused by poor biomechanics (alignment). A detailed assessment will reveal these. The treatment plan may include joint mobilisation, muscle stretching, exercises, taping and orthotics. We may also need to modify your training programme.

See our Biomechanics article

Disclaimer: Please note that the advice contained in this publication is not a substitute for professional assessment

