

# SOFT TISSUE INJURY TREATMENT

Soft tissue injuries are the most common injuries in sport. Soft tissue refers to tissues that connect, support, or surround other structures and organs of the body.

Examples of soft tissue injuries in Gaelic Games include sprains, strains or direct blows (causing bruising etc;)

## **R** REST

You should rest the injury area for 24–48 hours. Crutches may be needed to take the weight of an injured knee or ankle. Make sure you know how to use the crutches properly. Use them on the uninjured side to relieve pressure from the injured side. Support strained elbow or shoulder in a sling.

## **I** ICE

Apply an ice pack (e.g. pack of frozen peas or a bag filled with crushed ice wrapped in a towel) as soon as the injury occurs. Repeat up to three times a day. To avoid frostbite do not apply the ice for any longer than 20 minutes.

## **C** COMPRESSION

Wrap the affected area in an elastic bandage tightly – but not so tight as to cause compromise of the blood supply to the affected area.

## **E** ELEVATION

To reduce swelling, elevate the affected area above the level of the heart.

**SEEK HELP EARLY!**