

## MUSCLE INJURIES

### **Awareness:**

A bruise is the result of bleeding into the deep tissues. This can be caused by falls, blows or as the result of crushing. A sprain occurs when a joint is forced beyond its normal range of movement, causing supporting ligaments to be over stretched.

### **Assessment:**

The injury will result in pain, swelling, tenderness and bruising. The swelling may also cause restriction of movement and/or loss of function.

### **Action:**

Soft tissue injuries are best treated with:

- Rest – place the casualty in a sitting or lying position
- Ice – use an ice pack to relieve bleeding and swelling
- Compression – apply a firm bandage to the swollen area
- Elevation – raise the injured area if possible
- Referral – seek medical advice

### **After Care:**

For most bruise and sprain injuries, RICER management should be enough. However, medical personnel should be sought for extensive bruising or when there is any doubt about the injury.

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