
Acute Soft Tissue Injuries

(Strains and Contusions, e.g. in Sports)

Measures

1. *Interrupt* the activity, e.g. sports exercise.
2. *High compression bandage* is immediately put directly on the skin with a fully outstretched elastic roller (corresponding to a pressure of 80 mmHg), possibly together with a pellet/adjusted disc on or around the injured area, kept on place for 15–20 min.
3. *Elevation*, where the heart is the reference level, preferably at least 50–60 cm above.
4. Change to *compression bandage* with moderate pressure after 15–20 min, i.e. with a halfway outstretched elastic roller (tip: stretch out the bandage fully, then reduce the traction to half the distance and wrap around, which corresponds to 40 mmHg), keep in place as long as swelling and/or pain still is experienced (usually 1–4 days). In this phase, cold treatment with ice bag or cold pack can be appropriate for pain relief and a certain amount of bleeding reduction through vascular contraction.
5. *Balanced/unloaded activity* early; motion without weight bearing can almost always be started immediately.

Taping of fingers and ankles may be performed for reasons of stabilisation, pain relief, stimulation of the proprioception and prevention of new distorsion, but never tape a swollen joint.