

# You have fallen today and we would like to help you

Soft tissue injury:

Sprain or strain of a muscle following an injury

We accept you or your relative/carer has declined an examination today. We would still like to help you with some advice about your injury.

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# What to do if you suspect you have a soft tissue injury

You have declined our offer of examination in our Emergency Department / Minor Injury Unit / Urgent Care Centre following your fall whilst in our care.

After a fall, we recommend the following instructions if you suspect you have a soft tissue injury:

|          |                    | What to do                                                                                                                                                  |
|----------|--------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>R</b> | Rest               | Rest the affected limb for up to 48 hours.                                                                                                                  |
| <b>I</b> | Ice                | Place ice onto the affected area for 20 minutes four times a day. Ice should not be applied direct to your skin but should be placed in a bag or tea towel. |
| <b>P</b> | Painkillers        | Take simple painkillers if you need them. If you are on medication, ask for advice from your GP or local pharmacist about what painkillers are suitable.    |
| <b>E</b> | Elevation          | Keep the limb up to reduce the swelling.                                                                                                                    |
| <b>E</b> | Early mobilisation | Once the initial swelling has subsided, please begin exercising the joints above and below the injury.                                                      |

Our medical and nursing team have not diagnosed this condition and you are making the assumption that this is the type of injury you have sustained. The practitioner has documented that you have stated you are happy to self-care for your injury.

## **What to do if the soft issue injury appears to be getting worse**

If at any time you become concerned about the soft tissue injury, you experience more pain, or the swelling becomes excessive:

We advise you:

1. Phone 111;
2. Contact your GP;
3. Return to the Emergency Department / Minor Injury Unit / Urgent Care Centre.

If you experience any limb numbness, intense pins and needles or the limb becomes white and pale, then return immediately to the Emergency Department.

## **References and further information**

<https://patient.info/doctor/sports-injuries-basic-principles>  
Last checked 03/11/2020

<https://patient.info/health/head-injuries>  
Last checked 03/11/2020

## **Disclaimers**

This leaflet is for information only and should not be used for the diagnosis or treatment of medical conditions.

As a Trust we do not advocate compression therapy.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Patient Safety Team, Fourth floor admin block,  
The York Hospital, Wigginton Road, York, YO31 8HE or  
telephone 01904 721549.

## **Teaching, training, and research**

Our Trust is committed to teaching, training, and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.



# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供，電  
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: [access@york.nhs.uk](mailto:access@york.nhs.uk)

|                    |                            |
|--------------------|----------------------------|
| Owner              | Patient Safety team        |
| Date first issued  | July 2018                  |
| Review Date        | November 2023              |
| Version            | 2 (reissued November 2020) |
| Approved by        | Falls Steering Group       |
| Document Reference | PIL 1225 v2.2              |

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