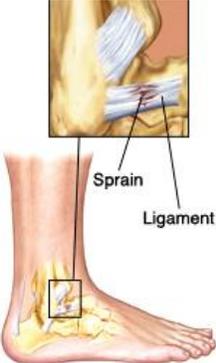
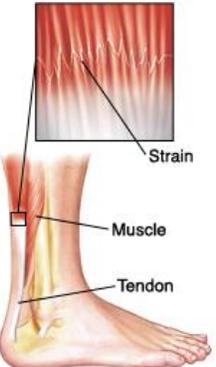
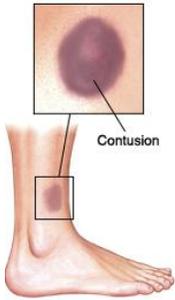


Soft Tissue Injuries

What is a soft tissue injury?

Soft tissues include muscles, tendons and ligaments. These tissues can be injured in sports and fitness activities. A fall, sharp twist, or a hit to the body can cause damage. Also, doing the same movement again and again, like running, hitting a tennis ball, or swinging a baseball bat can damage tissue.

Below is a list of the most common soft tissue injuries. The injury your child is being seen for today has been circled. Follow the treatment listed for your child's injury.

Injury	Treatment
<p>Sprain Ligaments are strong bands of tissue that connect one bone to another. They help support your joints. A sprain happens when you stretch or tear a ligament. Sprains most often happen to ankles, knees and wrists.</p> 	<p>If the ligament is torn, surgery may be needed. If the ligament is stretched, follow the P.R.I.C.E. treatment:</p> <ul style="list-style-type: none"> • Protect – you may need crutches or a brace • Rest, • Ice, • Compression and • Elevation.
<p>Strain Muscles and tendons support your bones. Tendons connect the muscles to the bones. A strain happens when you stretch or tear a muscle and/or tendon.</p> 	<p>If the muscle or tendon is torn, surgery may be needed. If the muscle or tendon is stretched, follow the P.R.I.C.E. treatment:</p> <ul style="list-style-type: none"> • Protect- you may need crutches • Rest, • Ice, • Compression and • Elevation.
<p>Contusion A contusion is bruising of the muscle, tendon or ligament. The bruise happens when blood collects around the injury, causing the bluish color. Deep bruises don't always have the bluish color.</p> 	<p>If the contusion is severe, special treatment may be needed. The treatment will help to avoid permanent damage to the muscle, tendon or ligament. If mild, follow the P.R.I.C.E. treatment:</p> <ul style="list-style-type: none"> • Protect – you may need crutches or a brace • Rest, • Ice, • Compression and • Elevation.
<p>The doctor or nurse will show you how to do the P.R.I.C.E. treatment at home. Your child may learn a few simple exercises. These exercises will help with pain and keep the injured area from getting stiff.</p>	

Injury	Treatment
<p>Tendonitis Tendonitis is when the tendon or the tissue covering the tendon becomes sore and inflamed. Most often the only symptom is pain. Sometimes there may be swelling, redness and heat.</p> 	<p>This injury is often treated with rest to help get rid of stress on the tendons. The doctor may prescribe a medicine to help reduce swelling and pain. Your child may be shown special exercises. These exercises will help correct any imbalance in the muscles. They will also help the injured area be more flexible.</p> <p>Note: If your child continues to stress an inflamed tendon, it may rupture. Your child may then need surgery and/or a cast.</p>
<p>Bursitis A bursa is a sac filled with fluid. It is found between the bone and a tendon or muscle. It lets the tendon slide over the bone smoothly. Bursitis is when the bursa in your shoulder, elbow, hip, knee or ankle swells.</p> 	<p>This injury is often treated with rest. The doctor may prescribe a medicine to help reduce swelling and pain.</p> <p>If mild, follow the P.R.I.C.E. treatment:</p> <ul style="list-style-type: none"> • Protect – you may need crutches or a brace • Rest, • Ice, • Compression and • Elevation.

How can soft tissue injuries be prevented?

- Tell your child to pay close attention to their body's early warning signs. If your child has soreness or pain, it may be a sign that the soft tissue is being stressed too much.
- Injuries often happen when the body is tired. Have your child stop and take a break if needed.
- A muscle imbalance, lack of flexibility or a weakness in the tissues may cause new injuries in an area that was injured before. Stretching and other exercises may help improve or prevent this problem. Talk with the doctor or nurse to see what your child can do.
- Your child's equipment should fit well.
- Make sure there is a proper playing surface.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has:

- An injury that does not get better with treatment.
- Special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.