

# CONTUSION

## ◆ What is it?

A contusion is an injury to the soft tissues of the body usually caused by a direct blow. This results in the bruising of the skin overlying the injured tissues. Contusions cause rupture and bleeding of the small capillaries and blood vessels that allow blood to infiltrate muscles, tendons, nerves, or other soft tissues.

## ◆ Signs and Symptoms of this Condition

- Swelling in the injured area.
- Pain and tenderness over the area of the contusion.
- Feeling of firmness when pressure is exerted over the contusion.
- Discoloration under the skin, beginning with redness and progressing to the characteristic “black and blue” bruise.

## ◆ Causes

- Direct, blunt blow from an object (running into an object, kick, hit, fall, etc.).

## ◆ What Can I do to prevent a Contusion?

- Wear proper protective equipment and ensure a correct fit.
- Avoid falls, running into objects, and situations in which direct, blunt blows can occur to exposed soft tissue.

## ◆ Prognosis

- Contusions usually heal quickly, although healing time varies with the severity of injury and intake of medications that affect clotting. Contusions usually heal within 1 to 4 weeks.

## ◆ Treatment

- Rest, Ice (20 minutes 2 times per day), Compression (elastic wrap), Elevation during the first 48 hours.
- NO Anti-inflammatory medication (aspirin, ibuprofen, etc) during the first 72 hours after injury to avoid causing more bleeding, since these medications thin the blood and may interfere with clotting.
- After 72 hours, stretching of the involved muscle groups/soft tissue.
- Slowly progress back into jogging once you are symptom-free and the muscle is not tender/painful to press on.