

What to do in the event of an INJURY

when your GP or Physio
isn't available.

When you've injured yourself on the weekend and you aren't able to see your GP or Physio until Monday, what do you do? We have put together simple guide to follow for managing your injury during the first couple of days until you can see a health professional.

Ligament sprains

Typically felt at joints, ligaments are fibrous structures that connect bone to bone. These injuries are characterised by sharp pain on movement of the joint, with limited range of movement and localised swelling. Management includes following the RICER protocol:

- Relative rest
- Ice (15 mins every 2 hrs for 2 days)
- Compression
- Elevation
- Referral for medical treatment.

Muscle/tendon strains

Muscle/tendon strains are usually further away from joints, often occurring where the muscle transitions into the tendon (musculotendinous junction). Look for localised pain and tenderness often followed by swelling and/or bruising. Treatment is similar for a ligament sprain (RICER).

Fractures

Fractures are caused by direct or indirect force to a bone, causing it to break. Pain and swelling occur immediately, and movement of the limb is painful and limited. The shape of the bone may appear abnormal and will be very sensitive to touch. Initial management includes:

- Reassuring the patient
- Immobilising the affected limb (splinting) to prevent further injury
- Covering wounds and applying pressure to prevent bleeding
- Checking for other fractures
- Monitoring for any circulation issues below the fracture (fingers, toes, etc).

If you are unsure about your injury, give us a call, see an after hours GP, or visit the HealthDirect Symptom Checker online for advice on how to manage your injury.



healthdirect

