

# Strongsville High School Athletic Training



**Southwest General**  
Sports Medicine

## Contusions

### What is a contusion?

A contusion is essentially a "bruise". A contusion can occur anywhere on the body and is usually a result of direct contact either with an object, an opponent, or the ground. Signs and symptoms of a contusion may include edema (swelling), discoloration, tenderness to palpation (touch), limited range of motion and limited strength. Some contusions will require protective padding as given by an Athletic Trainer for return to play.

### How do I manage a contusion?

#### 1. P.R.I.C.E.

- a. **Protect:** protect the injured area from further injury as directed by an Athletic Trainer with either a compression sleeve, padding, and/or splint/brace if applicable.
- b. **Rest:**
  - i. No sport activity and/or modified activity as directed by an Athletic Trainer or physician (if seen).
  - ii. Non-weight bearing and/or partial weight bearing on crutches (if applicable) until otherwise directed by an Athletic Trainer or physician (if seen).
- c. **Ice:** Apply ice bag or ice soak (if applicable) to injured area.
  - i. 15-20 minutes on for bag; 8-10 minutes for ice soak
  - ii. Reapply once skin temperature returns to normal
  - iii. Do 3-5 x day for pain
- d. **Compression:** Wear compression sleeve or ace wrap given by an Athletic Trainer 24 hours/day until further notice to reduce edema and protect the injured area. Do not wear sleeve in shower, while icing or any exercise. Make sure there are no wrinkles in compression sleeve or ace wrap with each application. If sleeve/wrap becomes too tight and causes numbness/tingling, remove immediately and consult an Athletic Trainer.
- e. **Elevation:** Elevate the injured area above the heart to reduce edema if applicable.
- f. **Rehabilitation:** Rehab may need to be completed based upon the severity of the contusion before the athlete can return to play. This will be determined by the Athletic Trainer or physician (if seen).
- g. **Return to Play:** Return to play will be based upon the severity of the contusion as well as the athlete. The athlete may be required to wear a pad to protect the injured site. This will be determined by the Athletic Trainer.

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