

MERCY Injury Unit

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PIL -Wrist and Hand Injury Advice

What is a soft tissue injury?

The term 'soft tissue' refers to muscles, ligaments and tendons that move and/or support our joints. An injury to these structures is called a 'soft tissue injury'.

What are the symptoms of a soft tissue injury to shoulder?

The most common symptoms include pain, stiffness, reduced movement and pain radiating into neck and/or the arm.

It is very important in the early stages after a shoulder injury to take painkilling medicines or topical gels regularly to prevent the pain from becoming unbearable. If the pain is not resolving or getting worse, you should see your own doctor for further advice and management.

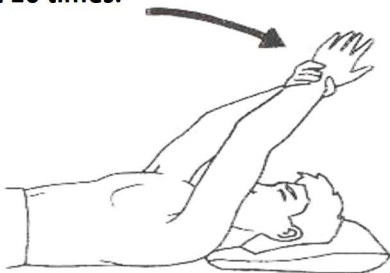
ICE is very effective in the first 72 hours after an acute injury. You should ice the injured area every 2-3 hours for 10-15 minutes (wet a towel with cold water and wrap crushed ice or a bag of frozen vegetables). You can still use ice after this time period if it gives you relief.

It is important to rest your arm in the early stages, however movement is important to help ease pain and stiffness.

Days 1-5 after injury

The following exercises should be performed 3 times daily. If you are wearing a sling or collar and cuff, take your arm out of this to do the exercises. The exercises should not be painful, **DO NOT PUSH INTO PAIN**. If a particular exercise is painful, try reducing the repetitions.

1. Lying on your back with your elbow straight. Use your strong arm to lift your injured arm up and above your head – as far as possible. Repeat 10 times.



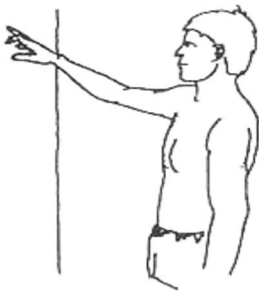
2. Standing or sitting, allow both arms to rest at your side. Roll your shoulders backwards and forwards. Repeat 10 times



3. Sitting or standing, rest your hands on a table/counter. Slide both hands forward as far as comfortable. Repeat 10 times.



4. Stand facing a wall. Walk your fingers up the wall as high as possible. Reverse down the same way. Repeat 10 times.



Day 5 onwards

In addition to the previous exercises, start the following:

5. Use a stick to bring your arm out to the side as far as comfortable only, Repeat 10 times.



6. Lying on your back with hands behind your neck and elbows pointing towards the ceiling. Move elbows apart and down towards the floor. Repeat 10 times.



7. Gently bring your affected arm behind your back as far as you can go, you can help it go further by using your other hand, Repeat 10 times.



Most soft tissue injuries of the shoulder resolve within 6 weeks. If you do not feel you are improving, please contact your GP, physiotherapist or the Mercy Urgent Care Centre.

The Mercy Injury Unit – Gurrabraher is open 8 am to 6 pm Monday – Sunday. Telephone: (021) 4926900 or (021) 4926901.