

Contusions

Bruising or discoloration caused by a direct blow or fall.

Common Symptoms:

Swelling	Pain	Discoloration	Muscle Spasm
Inability to use	Decreased motion	Tenderness	

Treatment/ Care:

Ice: 20 mins on 20 mins off

Compression: start at the most distal side and wrap proximally covering the bruise

Elevation: elevate above your heart.

Rest: Decline from activity

NSAIDS: May take Ibuprofen or Tylenol

Report to your injury to the Athletic Trainer

