Advice following an injury

For further information please contact:

**Minor Injuries & Illness Unit**
Grindon Lane Primary Care Centre, Grindon Lane
Sunderland, SR3 4DE
Tel. 0191 525 2305  Open 24 hours, 7 days per week

**Minor Injuries & Illness Unit**
Bunny Hill Primary Care Centre, Hylton Lane
Sunderland, SR5 4BW
Tel. 0191 519 5828  Open 8am - 8.15pm, 7 days per week

**Blaydon Minor Injuries & Illness Unit**
Shibdon Road, Blaydon, NE21 5NW
Tel. 0191 443 6302  Open 8am - 8pm, 7 days per week

**Gateshead Walk-in Centre**
Bensham Hospital, Saltwell Road
Gateshead, NE8 4YL
Tel. 0191 445 5454  Open 7am - 10pm, 7 days per week

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NHS South of Tyne and Wear (serving Gateshead Primary Care Trust, South Tyneside Primary Care Trust and Sunderland Teaching Primary Care Trust) is committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

For further copies of this leaflet please contact one of the above centres. This information is correct at the time of printing.

This information can be made available in another format or language on request. Please contact the Communications and PR Team Tel: 0191 529 7118  Email: mopil@sotw.nhs.uk

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A guide for patients and carers

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Gateshead Primary Care Trust
South Tyneside Primary Care Trust
Sunderland Teaching Primary Care Trust
You have attended the Minor Injuries and Illness Unit or Walk-in Centre after being injured. Following an examination and treatment, the staff in the unit have diagnosed that you have suffered a soft tissue injury which means there is no injury to the bone.

Following such injury of the soft tissues – muscles and ligaments – the body needs to repair them so that normal function can return.

You will be given appropriate advice that is specific to the injury you have sustained. This advice will include self help treatment.

For general advice regarding any injury and what you should do if your injury does not improve see opposite.

Occasionally a bony injury has been sustained which was not clear at the time of the initial assessment. This leaflet aims to provide advice and guidance following your injury to ensure any bony injury is identified.

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**Advice for your injury**

Follow the instructions given to you by the nurse for this injury. The nurse will have given you verbal and, possibly, written instructions.

**General advice**

Take regular pain killers as directed – your pain level should ease over the next 48 hours.

Make sure the injured area is rested most of the time and gently exercise it as the nurse advised you.

After 48 hours you should start to see some improvement and normal function returning.

**If your injury does not improve**

If, after 48 hours, any of the following applies to you:

- no improvement in pain despite following advice
- you develop an increased pain level
- function and movement in the injured area is getting worse not better
- you have any concerns about injury and recovery

please return to the unit or contact your own GP for further checks and advice.