

SportsWise Physiotherapy

OCTOBER 2012

MONTHLY NEWSLETTER

CONTACT US

Thomsons Lake

4/850 North Lake Road,
Cockburn Central,
WA 6164

TEL : 9417 2777
FAX : 9417 2888

OPENING HOURS :

Monday to Thursday
7AM - 7PM
Friday
7AM - 6PM
Saturday
8AM - 12PM

South Street

Suite 12,
73 Calley Drive,
Leeming,
WA 6148

TEL : 9313 7433
FAX : 9313 7533

OPENING HOURS :

Monday to Thursday
7AM - 7PM
Friday
7AM - 6PM
Saturday
8AM - 12PM

Willetton

Willetton Basketball Stadium,
Burrendah Boulevard,
Willetton,
WA 6155

TEL : 9312 1188
FAX : 9312 1199

OPENING HOURS :

Monday, Wednesday
2PM - 7PM
Tuesday
3PM - 7PM
Friday
12PM - 3PM

OUR PHYSIOTHERAPISTS

Craig Allen
Hadyn Sleeman
Bronwyn Smith
Lennon Correia
Andrew Dunnell
Wern Jiunn Chin



Like us on
Facebook

at

'SportsWise Physiotherapy'

Management of Muscle Haematoma

DEFINITION & MECHANISM OF INJURY

A haematoma is a local accumulation of blood in a tissue, space or organ. In muscles, it can develop directly following an impact, or indirectly after a muscle tear/rupture. Hence muscle haematomas, or "cork" as they are often called, most commonly occur to people participating in contact sports such as rugby and football.

TYPES OF HAEMATOMA

- Intramuscular - the muscle sheath remains intact, thus confining the bleed within the muscle. The resultant increase in intramuscular pressure compresses the capillaries and counteracts the bleed. Signs and symptoms therefore, remain localised to the injured area:
 - Persistence of swelling beyond the first 48 hours.
 - Pain and tenderness, particularly within the first 3 days.
 - Loss of muscle function.
 - Bruising/discolouration a few days after injury.

- Intermuscular - the muscle sheath is torn, allowing the bleed to spread between muscles/compartments. This leads to bruising and swelling distally within hours after injury due to the effect of gravity. However, pain usually eases considerably during the first 24 hours.

PHYSIOTHERAPY MANAGEMENT

- Acute Phase (First 24 – 72 hours): relative REST, ICE, COMPRESSION and ELEVATION of the injured limb to reduce pain, bleeding and swelling as well as to prevent disruption of the injury.
- Resolution Phase (72 hours +):
 - Apply heat to accelerate haematoma resolution.
 - Therapeutic ultrasound potentially to assist tissue healing and haematoma absorption.
 - Exercises to regain range of motion and to assist in rehabilitation of the injured muscle.

Reference:
Smith TO, Hunt NJ, Wood SJ. The physiotherapy management of muscle haematomas. *Physical Therapy in Sport* 2006 7(4): 201-209.

If you recently suffer from a muscle haematoma and would like to see a physiotherapist, please contact us at any of our three practices.

PHYSIOTHERAPIST PROFILE *Lennon Correia*

Lennon has been working for SportsWise Physiotherapy since 2008 following graduation from Curtin University of Technology. Lennon is experienced in treating a wide range of musculoskeletal conditions with a keen interest in the management of complex sporting injuries. Lennon has further developed his skills with involvement as the match day physiotherapist for the South Fremantle Football Club in the WAFL and participation in ongoing professional development. In his spare time, Lennon enjoys participating in charity cycling and running events, travelling and having a laugh with friends.