

PATIENT INFORMATION

SOFT TISSUE INJURY TO HIP



Following your recent visit to our Emergency Department/Minor Injury Unit it has been confirmed that you have most likely sustained a soft tissue injury to your hip.

This includes sprains, strains, and bruises which affect the soft tissues of the body. Most commonly injured are the ligaments, muscles, tendons, and joint capsules.

DO	DON'T
• try to avoid putting too much strain on your hip – it's best to keep moving if you can, but try not to overdo things • put an ice pack (or bag of frozen peas) in a towel on the painful area for up to 20 minutes every 2 to 3 hours • use painkillers • wear comfortable, shock-absorbing shoes with a soft sole • try gentle hip stretching exercises	• do not carry anything heavy • do not sit in low chairs – this can put extra pressure on your hips • walk little and often at first, rather than a long walk once a day. If symptoms start to improve, you can slowly increase the time you spend walking or exercising.

Swelling & Pain

Part of the body’s normal response to injury is pain and swelling. Follow the simple steps below to manage your symptoms.

- **Ice:** Ice is a great natural anaesthetic that helps relieve pain and controls swelling. Apply ice packs or a bag of frozen peas wrapped in a thin towel to the site of the injury. You may find it helps to apply ice before and after completing your exercises. Do not apply ice directly to the skin. Do not leave the ice pack on for more than 20 minutes at a time in one hour. Repeat as much as required.
- **Medication:** A&E may have prescribed you with some pain relief. Take these as instructed to help keep on top of the pain. If you do not feel that this medication is helping, consider talking to a pharmacist or your GP to see if there is an alternative option.

Driving:

If you have an injury to your lower limb, you can return to driving when you are confident that you are able to do an emergency stop.

Work and Sport

Decisions to return to work are made on a unique basis and should be discussed with your GP and your employer. You may require a period of time off work and when you return you may need light or amended duties. The advice given will depend on your profession and your injury.

If symptoms do not settle within a few weeks contact your GP. They will discuss with you if there is a need for you to be referred for further tests for example, an X-ray, blood tests or hospital appointment.

Should you have any worries or concerns following your discharge from hospital please contact:

Virtual Fracture Clinic

07:00 – 14:30 Monday-Friday

Worcestershire Royal Hospital 01905 760 259

<https://www.worcsacute.nhs.uk/virtual-fracture-clinic/>



If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.