

## Contusion

### What is it?

An injury occurring to the tissue (skin, muscle, bone) that does not break the skin.

1. A bone bruise will show up on x-ray but there may not be any bruising on the skin
2. A muscle bruise may or may not show on the skin it may just be a “hematoma” which is blood/fluid accumulation into what feels like a “bump” under the skin and will go away as the injury heals

### Signs and Symptoms

Swelling, discoloration (blue, black, purple), pain, tenderness, hematoma, inflammation

### How should we treat it?

Ice or cold pack. If swelling is in the area elevate it so that gravity can assist getting the swelling out.

### How can we tell if it is getting better?

If there is a bruise on the skin you can tell if the bruise is getting better by tracking the color of it.

First occurred: Black/Purple/Deep Blue

Beginning to Heal: Some Purple/Black and lighter blue color

Middle Stage of Healing: Lighter blue, Darker green, Tan

Almost fully healed: shades of green, tan, and yellow

Completely healed: skin is back to it's natural color



### References:

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- Gallaspy, James B., M.Ed., A.T.C., LAT, May, J. Douglas, M.A., A.T.C. (1996). *Signs and Symptoms of Athletic Injuries*. St. Louis, Missouri: Mosby-Year Book, Inc.