



Haematoma

A haematoma is a severe bruise within the soft tissues, usually a muscle. It often results from an injury. Symptoms will often resolve over time, but it can take several months before all the bruising and swelling goes.

In the first week post-injury the initial treatment is elevation and the application of ice.

Ice: A bag of frozen peas in a damp tea towel for 10-15 minutes. Maintain at least a two hour gap before re-applying.

Elevate: elevate the area, above the heart if possible when resting. You may need to continue to elevate on occasions throughout the healing process.

From Two Weeks Post Injury

Application of heat is recommended (wheat bag or hot water bottle) for periods of 10 to 15 minutes. Gentle stretching of the muscle is important – hold the stretch for 30 seconds and repeat four times (repeat three times per day). See exercises opposite.

Massage

Gently massage the haematoma starting from the outside and do slow, rhythmic, circular movements.

The haematoma will gradually be absorbed by the body. Keeping active is important.

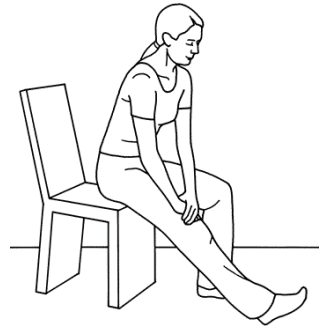
Common muscles where haematomas occur are calf, quadriceps and hamstrings.



Haematoma

Hamstring Stretch – In Sitting

Place foot on a low stool / step keeping knee straight. Reach both hands down to toes until you feel a pulling sensation down the back of your thigh. Hold this position for 30 seconds. Repeat four times.



Quadriceps Stretches

Lying on your front, bend your knee and pull your foot towards your buttock until you feel a pulling sensation on the front of your thigh. Make sure your knees stay close together and your hip does not rise off the floor. Hold this position for 30 seconds. Repeat four times.



Calf Stretch

Stand with your hands flat against a wall. Place one foot in front of the other with your toes pointing forwards. Lunge forwards, bending the front knee but keeping the back knee straight. Keep your heels on the floor. Lunge until you feel a pulling sensation on the back of your calf. Hold this position for 30 seconds. Repeat four times.



Pictures:physiotools

Follow the link below to view videos of the exercises:

https://gateway.physiotools.com/Print/P.aspx?PrintDataId=f60d7bfe799b481_3A62DD1B&PtVer=201901



Haematoma

Further Advice / Instructions

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Please retain this leaflet for future reference.



Haematoma

For further advice or information you can telephone your local Minor Injury Unit (MIU):

Chippenham Community Hospital

Rowden Hill
Chippenham
SN15 2AJ
Tel: 01249 456 403/4
Open: 07:00 to 23:00; seven days a week

Trowbridge Community Hospital

Adcroft Street
Trowbridge
BA14 8PH
Tel: 01225 711 329
Open: 07:00 to 23:00; seven days a week

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net.

Document Control

Division: Unscheduled Care
Department: Emergency Department
Approved Date: June 2019
Next Review Date: July 2022
Document Number: USC - PIL0075