

# The \_\_\_\_\_ Doctors Center

Health & Wellness

Patient \_\_\_\_\_ Date: \_\_\_\_\_

**You have been diagnosed with a:**

- **Contusion** which is also called a bruise. This is caused by blunt force injury to the soft tissue and results in swelling, pain and discoloration. Blunt forces injuries can be from bumping into a hard object, falling, or even a blow or kick.
- **Strain** which is an injury to the muscle and tendon and can be caused by overstretching, overuse or forceful exertion. There can be pain, swelling or even bruising. Trouble moving joint is also possible.
- **Sprain** which is an injury to the ligament (which hold the bones together) caused by a forceful twisting or wrenching of a joint. There may be pain, swelling or bruising and trouble moving the joint.

to the \_\_\_\_\_.

**You received the following treatment for your injury:**

- Ace Bandage                      Wear for \_\_\_\_\_ Days
- Splint                                      Wear for \_\_\_\_\_ Days
- Crutches                                      Use for \_\_\_\_\_ Days

**You should rest the joint and keep it elevated to reduce the swelling.**

- Apply ice pack wrapped in a towel for 10 minutes 4 times a day for the first
  - 24 hours.
  - 48 hours.
- Apply moist heat to the area 4 times a day for \_\_\_\_\_.

Take care when re-wrapping the ace bandage or re-applying the splint you may have been given, to not wrap it too tightly. The fit should be supportive but not tight enough to leave marks or cause swelling or a tingling or numbness below the injured area.

Contusions usually heal well in a 7-10 days. Sprains and strains can take 4-8 weeks to heal completely. During the initial evaluation, swelling could potentially mask or make it difficult to see a fracture (broken bone) on x-ray. Therefore, follow up with your **physician/provider at The Doctors Center** as directed to monitor the progress of healing.

**You have been scheduled for a follow-up appointment with your physician/provider at The Doctors Center. To avoid any unnecessary complications or misdiagnosis: YOU MUST KEEP YOUR APPOINTMENT OR COME IN SOONER IF YOUR CONDITION WORSENS OR YOU DEVELOP NEW PROBLEMS.**

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