



## **Training Tip**

### **Resource Library**

#### **February, 1999 Treating Lower-Leg Contusions**

Courtesy of [Fitnesszone](#)

Lower-leg contusions are something that most martial artists are familiar with from their earliest days of sparring. The following article courtesy of fitnesszone on-line magazine presents treatment options and highlights the danger of Compartmental Syndrome which every martial artist should be aware of.

#### **Lower-Leg Contusions**

Lower leg bruises, or contusions, are a common and occasionally disabling injury, especially for players of soccer and rugby. A blow to the calf or shin often results in a contusion. Any time a soccer player is kicked in the lower leg, internal bleeding will occur in the muscle and surrounding tissue. Those watching the current World Cup games may think the players are simply acting for a yellow card when they roll around, screaming in pain after being kicked while on the run, but sometimes it's actually a painful injury.

This bleeding causes the leg to spasm or cramp, resulting in pain. The internal bleeding also produces the discoloration commonly called a bruise.

When such an injury occurs, the first symptom is pain, followed by a feeling of tightness and the appearance of swelling. The skin is warm, hard to the touch and tender. If the injury to the leg is severe, these signs will increase.

First aid for a contusion to the lower leg is RICE: Rest, Ice, Compression and Elevation. The RICE treatment should begin as soon as possible and treated for at least one hour. If the leg improves with the initial RICE treatment, rest the leg for 24 hours and repeat the RICE treatment for 20 minutes every hour for one day and 4-6 times daily for the next four days, recommend the doctors who provide sports medicine services for the Denver Broncos and Denver Nuggets.

If the pain, tightness and swelling continue to increase, and the foot becomes numb, the athlete should be rushed to the nearest hospital emergency room. It is important to remember that numbness or tingling, especially between the first and second toes and on the outside of the shin, is considered a medical emergency. Compartmental Syndrome can develop, which is internal bleeding in the leg to the point of circulation impairment, and can result in amputation.