

CHEST WALL INJURY ADVICE



- If pain prevents you breathing deeply, the lungs might not remain fully inflated and you are more likely to develop further chest problems, including infection or airway collapse
- Ensure that you are keeping the pain under control so that you can move and breathe as best as you can. This may involve using medications, or the use of heat and ice packs
- Try to keep walking as much as you can as exercise helps to keep the lungs inflated and maintains your general fitness
- If you are not able to walk around very much due to pain, it is important to ensure that you take the following measures:
 - Take at least six big, deep breaths with a 2 second hold after inhaling every 30 minutes
 - If coughing is painful, you may need to support your chest by holding a pillow or blanket against the sore area to allow a more forceful cough so that you can clear your chest
- Expect that fractured ribs take about 2-6 weeks to heal, but bruising and sprains in the same area may still take about the same time.
- Smoking is terrible for your general health, but especially bad for your lungs. It is even more damaging when you have chest problems, so cut back, or better still, QUIT!

Disclaimer: This health information is for general education purposes only and is intended to be a reminder of education provided by your health professional after a thorough examination.



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