

MUSCLE CONTUSION AKA "CORK"

What is a Cork?

- A cork is a muscle bruise

How do you get a Cork?

- Corks result from **blunt trauma** to an area of the body, commonly in the front or side of the thigh eg. if 2 players collide and one is hit in the thigh by the knee of the other.



What does a Cork feel like?

- Corks usually result in swelling and are sore to touch.
- A cork may result in immediate pain, weakness, muscle spasm and stiffness, occasionally leaving you unable to continue.
- As you cool down after sport/exercise it is likely that the pain, tightness and muscle spasm will increase.

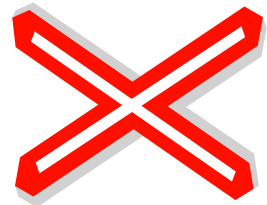
How to initially treat a Cork

- The first 24-48hrs are crucial to limit swelling and decrease the severity of the injury.
- **RICE – Rest, Ice, Compression, Elevation**
- A period of rest should be determined depending on the severity of the cork.
- Ice should be used as often as possible.
Commonly ice is used for 20 minutes every 2 hrs.
- **Compression is the key element of early management of a cork.**
A compression bandage should be applied ASAP to reduce swelling.
- If possible the area of Cork should be elevated above the level of the heart to reduce swelling.
- Corks can be iced in a slightly stretched position however this should be monitored by a sports medicine professional.



What you should NOT do

- Do **NO HARM**
- **No Heat** - Do not use spa or hot baths in the acute phase.
- **No Alcohol** – for at least 48-72hrs as it increases swelling.
- **No Running** – no strenuous activity as it will cause further damage.
- **No Massage** - for at least 48-72hrs as it will cause further damage.



Who you should talk to

- You should seek immediate assessment and treatment by Sports Medicine professionals to assist in a speedy recovery.

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