OVERVIEW

Soft tissue injuries include conditions where the structural integrity of the soft tissues, muscles, tendons, ligaments, and nerves is compromised, leading to pain, swelling, and functional impairment. Common causes include trauma, overuse, and certain medical conditions. Diagnosis and treatment of soft tissue injuries are critical to prevent further damage and ensure a successful recovery.

HOW IS IT MEASURED

In clinical settings, the severity of soft tissue injuries is often assessed through a combination of imaging, physical examination, and patient-reported outcomes. Imaging studies like X-rays, MRIs, or CT scans can provide detailed insight into the extent of the injury. Physical assessment involves evaluating the range of motion, muscle strength, and any localized tenderness or swelling.

REFERENCES

Dawson 2018, Kuchler et al. 2018

Hafler et al. 2018, A guide map of hidden impact in harm's way.