OVERVIEW

Soft tissue injuries include strains to the muscles and tendons, as well as sprains to ligaments and joint capsules. These injuries often occur in sports or during physical activities. The terms "soft tissue" are used to distinguish between more permanent and less common injuries involving bone.

Injuries to soft tissue result from forces that cause stretching, tearing, or bruising of the tissues. These injuries are common in athletes and other people who engage in physical activities. Soft tissue injuries can range from minor sprains to severe fractures. The severity of the injury depends on the type of force that caused it and the amount of force involved.

HOW IS IT MEASURED

Soft tissue injuries are typically measured using imaging techniques such as X-rays, CT scans, and MRIs. These imaging tests can help determine the extent of the injury and guide treatment. Additionally, physical examination by a healthcare provider can help assess the severity of the injury.

REFERENCES