

Hospital Authority Health Guide Chest Wall Trauma

(1) Introduction

Chest wall trauma will cause pain, muscle bruise, tenderness and swelling at the injured site and even difficulty in breathing. Intense pain will be felt especially when moving, deep breathing, coughing and being touched. Usually it takes 4-6 weeks to recover.

(2) Care Advice on Chest Wall Trauma

A patient suffering from chest wall trauma will often have shoulders stiffness. Mobilizing the injured part is important. Perform 5-6 cycles of deep breathing exercise each day, 2-3 times for each cycle. To alleviate pain, place one hand to support the painful area when coughing or deep breathing and avoid lying on the side of the injured site.

Despite appropriate care has been provided to you, it is possible to have delayed symptoms or complications that show up later.

(3) Consult your doctor at once if any of the following conditions occur:

1. Chest pain persists or intensifies;
2. Cough up blood and excessive sputum;
3. Shortness of breath, difficulty in breathing;
4. Abdominal pain;
5. High fever and/or;
6. Any abnormalities that cause discomfort, e.g. dizziness, weak or faint.

The above care advice is for reference only. Should you have queries, please contact your doctor.