

Chest Injuries

Advice and Recovery

An easy-read guide



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Introduction



Chest injuries can be very painful.



The pain you feel from breathing deeply and moving will improve as the ribs heal.



During this time, you will be more at risk of a chest infection or pneumonia.



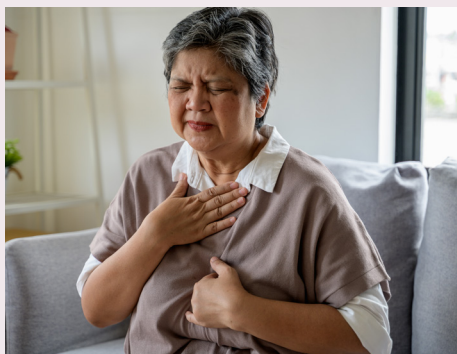
Following this advice may help reduce this risk and should help your recovery.



Advice for up to 2 weeks after injury



What to expect...



It is very likely you will be in a lot of pain



It is very likely you will be tired



It is very likely you will have difficulty sleeping



It is very likely you will have difficulty washing and dressing yourself



What to do...



Breathing exercises and cough



Sleep upright



Gentle movement.

Please avoid contact sports.



Eat and drink well



Avoid heavy chores and driving



Amended work duties.

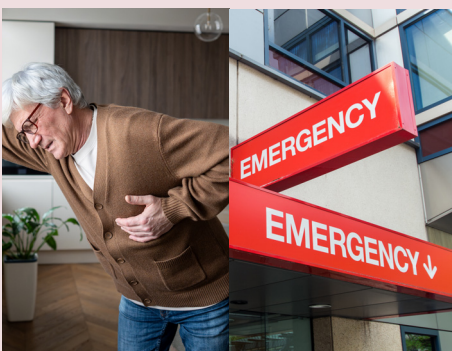
Perhaps less time travelling or working from home if you can.



Seek help if...and where to get help...



Feeling breathless? → Go to A+E



Uncontrolled severe pain? → Go to A+E



New chesty cough? → Go to A&E or your GP



A new chesty cough is recent cough that brings up mucus or phlegm from your lungs.



Constipation? → Go to a Pharmacy



Do you need equipment at home? → Go to your GP or community services

Advice for 2-4 weeks after injury



What to expect...



Pain, but it is getting better



Tired, but less tired than you were



You may find it easier to sleep



You may find it easier to wash and dress



What to do...



Breathing exercises and cough



Start to do some walking or gentle exercise



Avoid contact sports



Take painkillers



Eat and drink well



Gradual return to work, driving and chores



Seek help if...and where to get help...



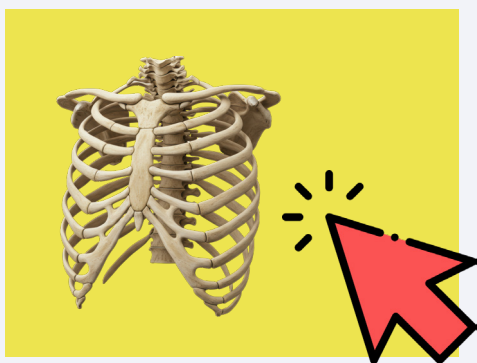
If you are still experiencing any symptoms from **Section 2, use those guidelines**



Pain not improving? → Go to a Pharmacy or GP



Clicking in rib cage? → Go to your GP



Clicking means feeling or hearing a small pop or click in the chest



Unable to sleep? → Go to a Pharmacy or to your GP

Advice for 4-6 weeks after injury



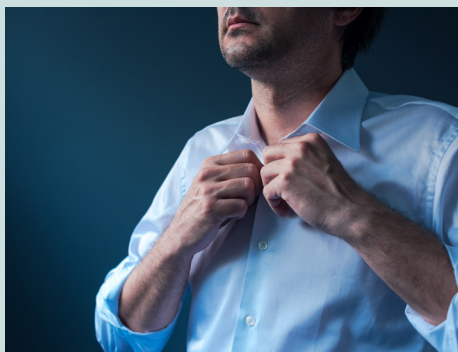
What to expect...



Very little pain



Very little tiredness



You will be able to wash and dress yourself



What to do...



Reduce painkillers



Return to your normal exercise as you feel able to



Normal driving/chores as you are able



Return to work as able



Gradual return to full sport



Seek help if...and where to get help



If you are still experiencing symptoms from **section 3**, follow those guidelines



Pain lasts for more than 8 weeks?



Go to your
Pharmacy or to
your GP



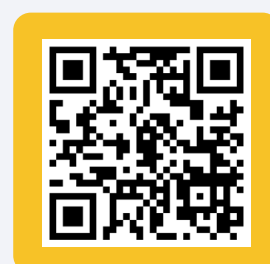
Advice needed to
stop painkillers?



Go to your
Pharmacy or to
your GP



To see a self-help animation,
scan the QR Code.



The information in this booklet was adapted from an original written by Swansea Bay University Health Board.

This easy-read version has been created with the help of the people below who use easy-read materials themselves.



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