A contusion (bruise) may occur when there is a direct, blunt, compressive force to a muscle.

Caution!
See a medical professional if the bruise is unusually large or painful.

How is it treated?
• Rest.
• Keep the affected area elevated above the heart (if possible).
• Place an ice pack or cold pack on the injured area a few times a day for a day or two after the injury.
• Use an over-the-counter pain reliever like acetaminophen or ibuprofen to help minimize pain and swelling.

Find More Information
• Cleveland Clinic, Thigh Contusion: http://bit.ly/1dVe85r
• Mayo Clinic: http://mayo.in/1nTZ3Er
• Ortho Info: http://bit.ly/1fVJWtg