Soft things like grass bend in a wind; oak trees are broken. So soft tissue is not bruised by explosions, but hard bone is shattered.

In a brilliant work in 1950, G.I. Taylor determined by self-similarity that any blast wave can be described by the evolution of the shock wave over time as $E = \left(\frac{\rho_0}{t^2}\right)\left(\frac{r}{C}\right)^5$ where E is the energy released, C is a specific heat ratio (approximately 1). (Taylor, Sir Geoffrey Ingram (1950). "The Formation of a Blast Wave by a Very Intense Explosion. I. Theoretical Discussion". Proceedings of the Royal Society A. 201 (1065): 159–174.)

Using this equation for a constant explosive yield, the maximum overpressure of a nearby blast of energy E without reflection from a surface is given as $\partial^2 E / \partial S\, dt = \partial^2 E / dr\, dt = 0$ for a spherically-symmetric blast (not a shaped charge.) The pressure is proportionate to r^4. This means that a region of bone which is a certain distance from a blast is shattered. Another bone only twice the distance away receives 1/8 of the overpressure impact.

$$E_t = -\frac{15\rho_0}{C}\left[\left(\frac{\rho_0}{t^3}\right)\left(\frac{r}{C}\right)^4\right]$$

Yes, a grenade is exactly what killed Nikolai Thibeaux, Zolotaryov, Dubnina and Kolevatov.