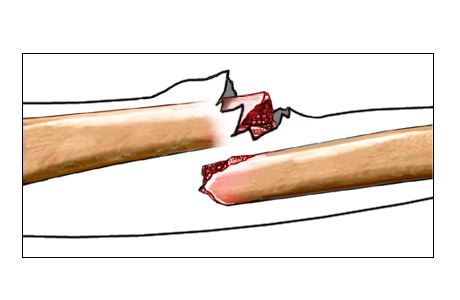
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**Bone And Joint Injuries – Treatment**

**1 – Fractures: A fracture is any break or crack in a bone.**

**- There are two main categories of fractures:**

**A) *Open (Compound) Fracture* : A break in the bone that causes a break in the skin and the bone ends may protrude.**

** **

**Compound**

**Fracture of**

**The Humerus**

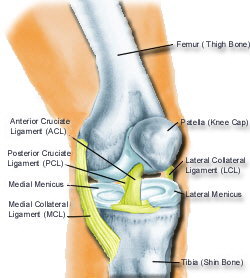
**B) *Closed (Simple) Fracture:* A break in the bone that does not cause a break in the skin.**

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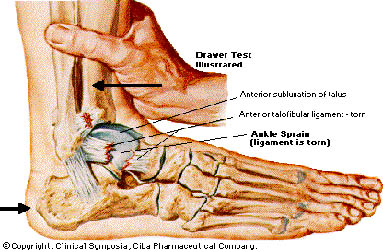
**A Simple fracture of the tibia and fibula of the left leg.**

**2. Joint Injuries: Usually involve ligament damage or dislocation.**

***A) Sprain*: A complete or partial tearing or stretching of the ligaments around a joint. Ligaments are the supporting connective tissues that connect bones to one another at a joint.**

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**One common sprain is the knee, often the MCL or ACL can be stretched or torn**

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**Other common sprains would include wrist and ankle sprains. These sprains often result in long-term damage due to the excessive use and force placed on these joints.**

***B) Dislocations:* A displacement of one or more bone ends at a joint so that their surfaces are no longer in proper contact.**

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**Like most other injuries, dislocations can range in the degree of severity.**

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🡨 Hip Dislocation

**3. Symptoms of Bone and Joint Injuries:**

**- Swelling and discolouration.**

**- Deformity and irregularity.**

**- Inability to use limb.**

**- Intense pain.**

**- Tensing up of muscles to guard against further damage.**

**- Severe injuries may result in shock due to (internal/external) bleeding.**

**4. Treatment**

**- For injuries with severe bleeding, controlling the bleeding takes first priority.**

**- For all other injuries, the treatment involves 4 main steps:**

***R. I. C. E.***

**R -Rest, prevent casualty from moving.**

**I - Immobilize/Ice fracture with splint, always immobilize in the position found.**

**- Splint should run long enough to extend beyond the joints inferior and superior to the fracture**

**- Cold pack to reduce swelling and to control pain.**

**C - Compression (bandage)**

**- Gentle compression on sprain to support joint and reduce inflammation.**

**E - Elevate injured part if possible.**

**- Seek help from professionals.**

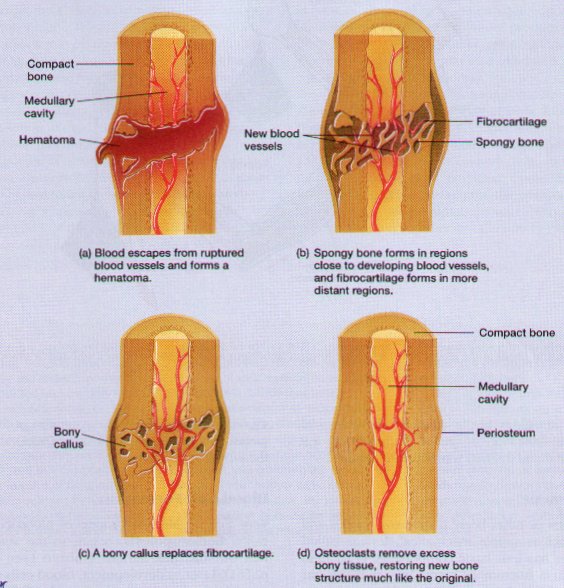
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**Fracture to forearm bone(s) must be supported past elbow and wrist**

**5. Healing Of Fractured Bones**

**- For complete healing, bones must be set properly and kept immobilized for an adequate period of time.**

**- A process similar to normal bone growth (endochondral ossification) takes place during the healing of a broken bone.**

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