

## SPRAINS, DISLOCATIONS, FRACTURES

*Proper management of a patient with a sprain, dislocation, or fracture will not only minimize pain but also promote the patient's recovery.*

### **SPRAINS**

A stretching, partial, or complete tear of a ligament at a joint.

If unsure between sprain and fracture, also treat as fracture

#### S&S

- History of twisting or stretching of a joint beyond normal movement range
- Swelling and pain
- Point tenderness

### **DISLOCATIONS**

A displacement of one or more bones so that joint surfaces are no longer in contact.

Common displacements are shoulders and hips.

#### S&S

- Severe pain
- Obvious gross deformity and irregularity
- Complete or near-complete inability to move joint
- Often locked in deformed position
- NEVER REPLACE DISLOCATION!

### **FRACTURES**

A complete breakage of a bone.

**Open/Compound** – surface of skin is broken. Worry of deadly bleeding and infection

**Closed/Simple** – surface of skin is not broken

#### S&S

- History – mechanism of injury
- Pain – sudden and extreme
- Deformity
- Point Tenderness
- Swelling
- Loss of stability/usage of limb
- Discolouration/bruising

#### **General Treatment**

- 1) ABC's
- 2) Deadly Bleeding controlled
- 3) Immobilize ABOVE and BELOW site of injury (splint, sandbags, manual, etc.)
- 4) Ice
- 5) Oxygen, Blanket, R&R
- 6) Check for other injuries
- 7) Do not move injured limb

**\*\* Never splint right over fracture**