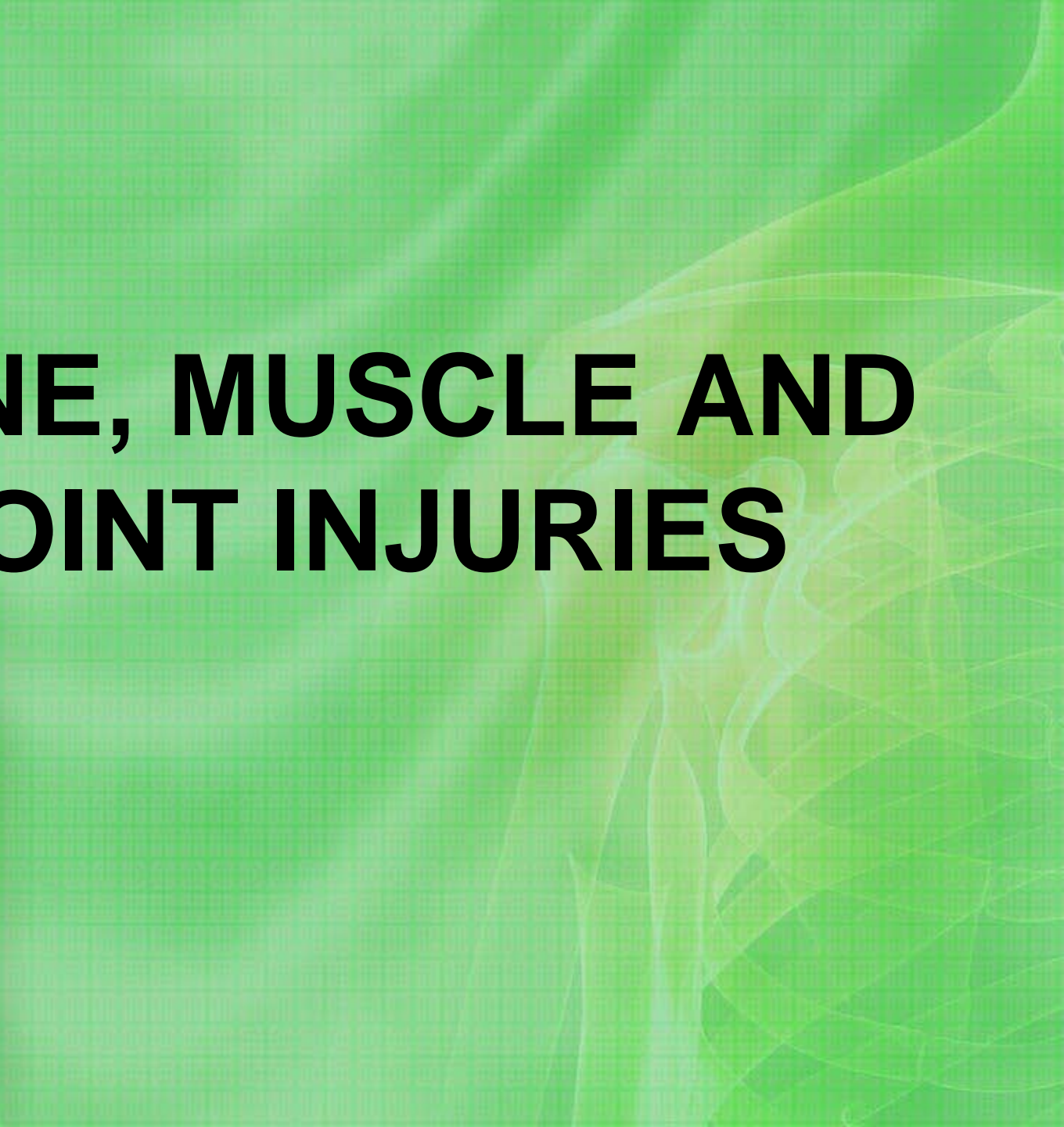
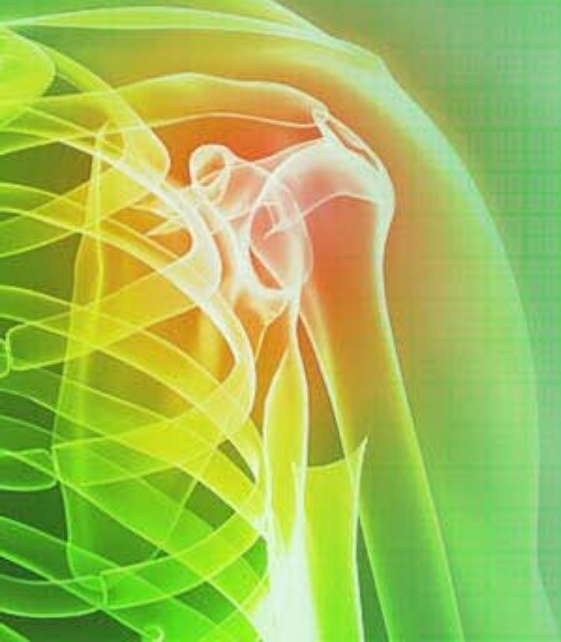


BONE, MUSCLE AND JOINT INJURIES

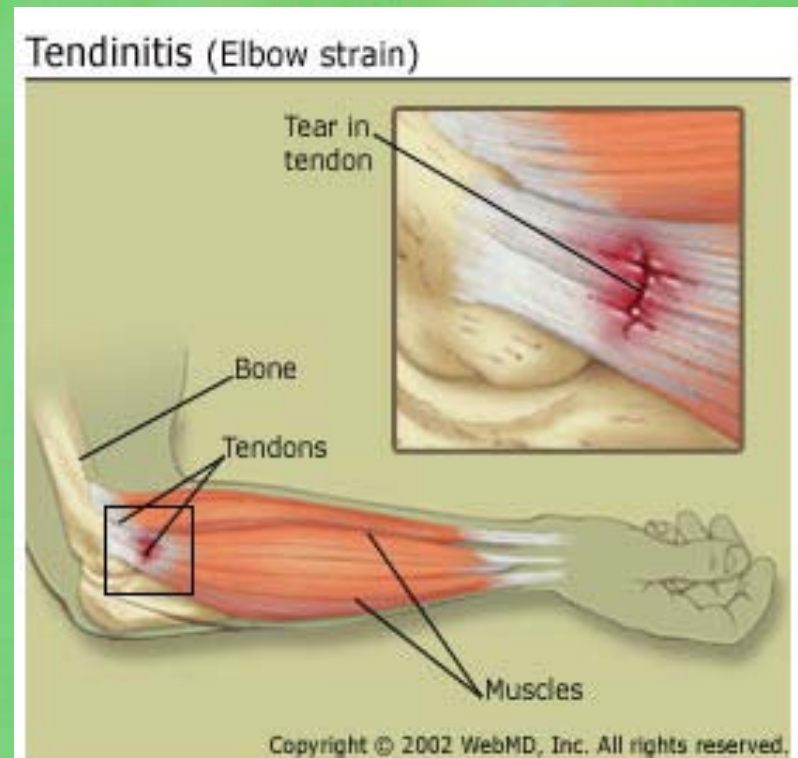


Strain

- The stretching or tearing of muscles or tendons

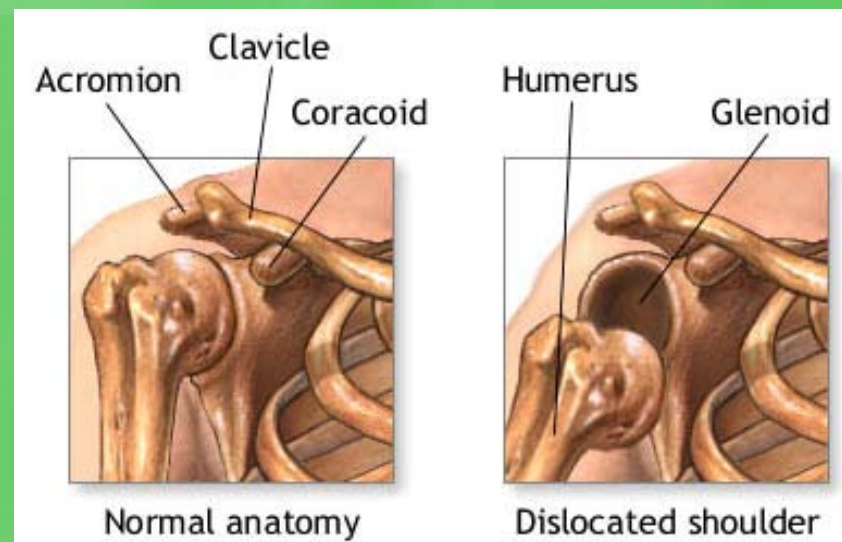
Sprain

- Stretching or tearing of ligaments at a joint

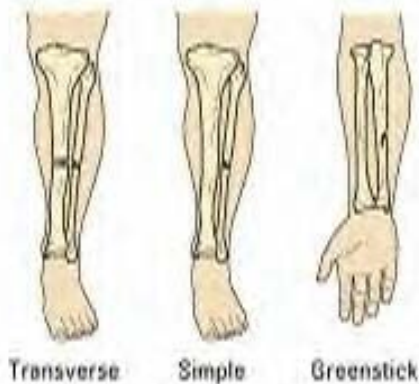


Dislocation

- Injury that moves a bone out of its original anatomical position



Fractures



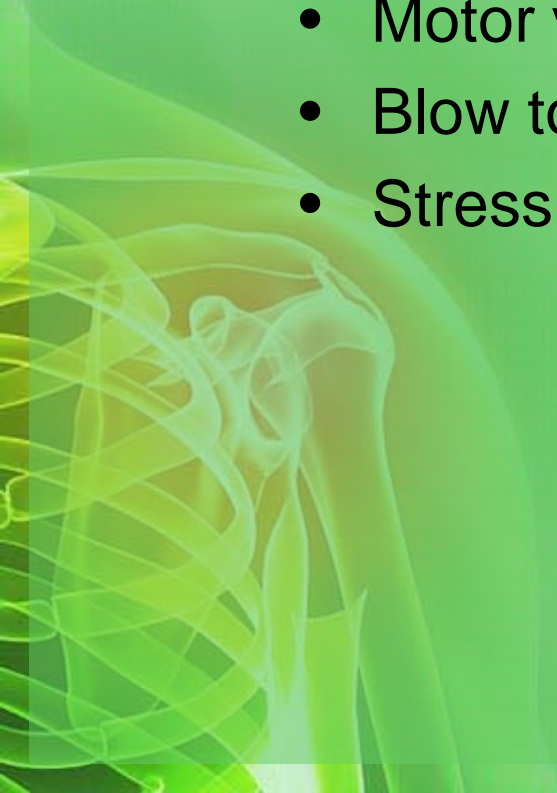
adam.com

Fracture

- A break, chip or crack in a bone

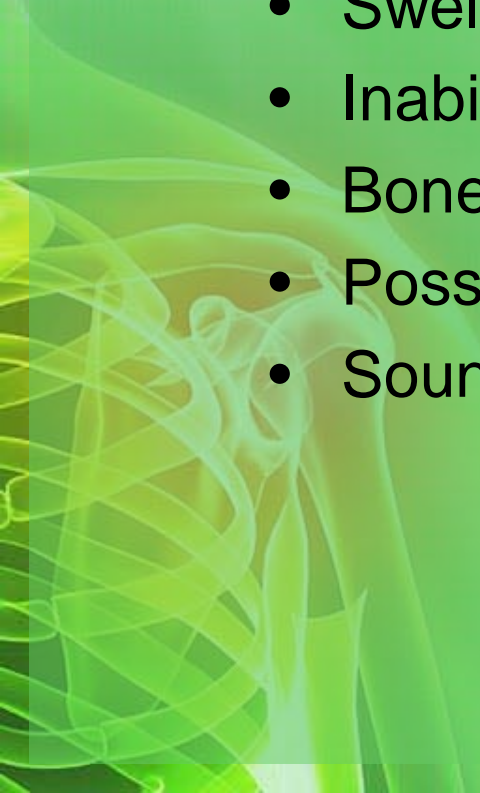
Causes of bone, muscle and joint injuries...

- Falls
- Awkward or sudden movements
- Motor vehicle accidents
- Blow to the body
- Stress fractures/ repetitive stress injuries



What to look for?

- Pain
- deformity
- Bruising
- Swelling
- Inability to use injured body part
- Bones breaking through the skin
- Possible muscle cramps
- Sound of snap or pop when injury happens



What to do?

- **CHECK** the scene, **CHECK** the person
- **CALL** 9-1-1 when:
 - There is a problem with ABCs
 - Suspected head or spine injury
 - Difficulty walking
 - Injury to thigh bone or pelvis
 - Altered level of consciousness
- **CARE**
 - Treat the injury using **R.I.C.E. principles** (**R**est, **I**mmobilize, **C**old (20 min on, 40 min off), **E**levate)
 - Continue to monitor ABCs
 - Have person seek medical attention if needed

SPLINTING GUIDELINES

Soft splints

- folded blankets
- towels
- pillows



Anatomical splints

- using another part of the body parallel to the injured part to immobilize

Rigid splints

- securing body part to something rigid such as a board, rolled newspaper, tree branch etc.



<http://www.youtube.com/watch?v=sErAkg6QnXU>

Some things to remember when splinting...

- Make sure the splints are snug
- Check blood flow/ skin temperature above and below the injured area before and after splinting
- Never cover the injured area with bandages or a splint
- Always pad a rigid or anatomical splint to make the person more comfortable
- When possible splint the injured area in the position it was found

Let's practice with all three types of splinting

APPLYING A SLING

- See the following video for a demonstration:
 - http://www.youtube.com/watch?v=5_mzIYzAMac

NOW LET'S PRACTICE

