

## ORTHOPEDIC WORLD

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### Orthopedic world

#### Injuries to muscles ligament and joints

What do you know about strain.

Definition strain is the over stretching of the muscle

Signs and symptoms

Sudden acute sharp pain at the site of the injury.

In case of a limb, swelling may be observed on the muscle concerned and cause severe cramp.

R.X place causality (injured person)

1- in the most comfortable position.

2- Steady and support the injured part.

3- Arrange for medical aid.

Sprain: definition usually sprain occurs at a joint, it is caused by the tearing or wrenching of the ligaments and tissues connected with the joint

#### Signs and symptoms

Joint pain.

Swelling of the joint followed by bruising.

Inability to use the joint without increasing the pain.

R.X : rest and support the joint in:

1- the most comfortable position for the (causality) = (injured person)

2- expose the joint carefully.

3-Apply enough pressure over the joint

Surrounding it with a good layer of cotton wool keeping it in position by a firmly tied bandage or apply a cold compress to the joint

if the sprain of the ankle occurs out of doors do not remove the shoes or boot but give additional support by applying figure of 8 bandage over that N.B in all doubtful case. Treat as a fracture.

Dislocation:

Definition is a displacement of one or more bones at a joint, most joints which are frequently dislocated are those of the shoulder elbow thumb fingers and lower jaw

#### Sign and symptoms:

severe Pain and sickening in quarter at or near the joint.

Abnormal appearance deformity.

Fixity of the joint causality cannot move it.

Swelling and bruising usually present.

In some cases it may prove difficult or even impossible for the first aider to distinguish between a dislocation and a fracture and both may be present.

R.X (treatment)

1- support and secure the part in the most comfortable position using pillow or cushion bandage or sling.

2- obtain medical aid at once.

Do not attempt to replace the bones to a normal position N.B in all doubtful case treat as fracture.

Thank you

reference: first aid manual

first aid British Red cross association